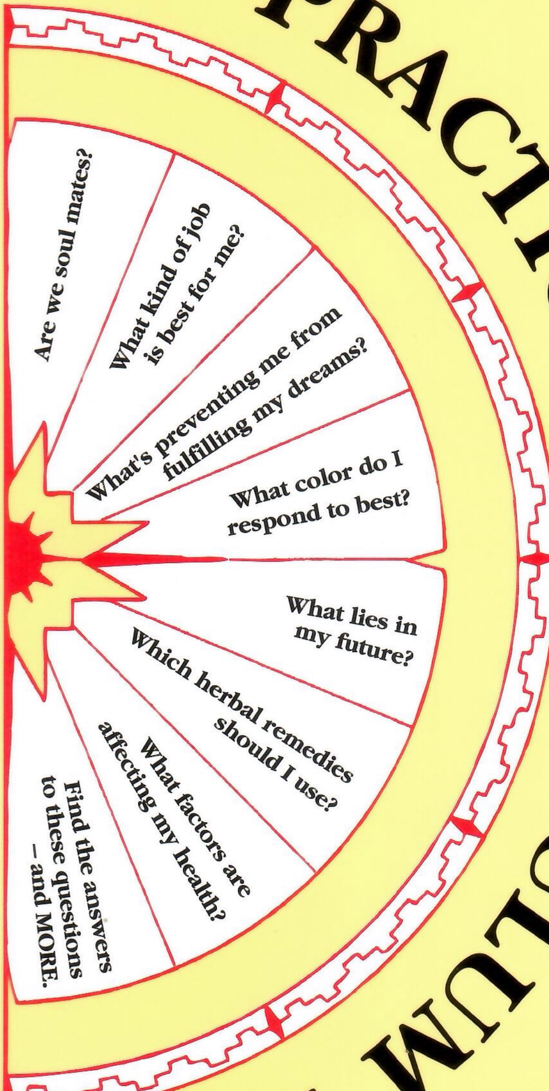
THE PRACTICAL PENDULUM BOOK

With Complete Instructions for Use and 38 Pendulum Charts


Are we soul mates?
What kind of job is best for me?
What's preventing me from fulfilling my dreams?
What color do I respond to best?
What lies in my future?
Which herbal remedies should I use?
What factors are affecting my health?
Find the answers to these questions – and MORE.

D. JURRIAANSE

URRIAANSE THE PRACTICAL PENDULUM BOOK

WEISER BOOKS

THE PRACTICAL PENDULUM BOOK

THE
PRACTICAL PENDULUM
BOOK

With instructions for use
and
thirty-eight pendulum charts

D. JURRIAANSE

Translated from the Dutch

WEISER BOOKS
San Francisco, CA / Newburyport, MA

Publisher's Note

The information presented here has been obtained through the author's research conducted over many years. Other research may indicated different results or different opinions. The author does not intend this book to be use to treat physical conditions that should be handled by a competent professional.

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Pendulum Basics

A pendulum can be made of gold, silver, copper, bronze, wood or glass, but when you are just beginning it is best to use a pendulum made of the material related to your sign of the zodiac. The best shape to buy is the type that tapers to a point; some examples are shown in figure 1 on page 2. It is advisable not to use a very heavy pendulum for your first experiments! It should weigh less than half an ounce, and the chain or silk thread on which it hangs should be 10 to 12 inches long. In fact, it should be roughly the same length as your forearm (measured from the elbow to the fist).

Beginners should try the following position. Place the elbow firmly on a table and hold the pendulum an inch or two above the object on which it is to be used. You must avoid any unnecessary tension in the muscles, particularly those of the arm and hand. Then try to concentrate without thinking of anything specific. The best way to do this is to imagine you are waiting for a particular event without having any idea what this event might be. Your body and mind should be relaxed and passive and any superfluous energy should be avoided.

Use the pendulum with the right hand, even if you are left-handed. Rest your left hand lightly on the back of your right hand, spreading the thumb and fingers slightly and making sure that they do not touch each other—the fingers' own polarity can create disturbances.

Now that you are completely prepared to start using the pendulum, place an object made of gold beneath it and wait patiently to see what will happen. The first movements will be a strong experience, for you will be aware and feel clearly that it is not you, or your arm or finger that causes these movements, but that there are forces acting together. Become aware of the fact that you are part of an infinite cosmic force field and you will

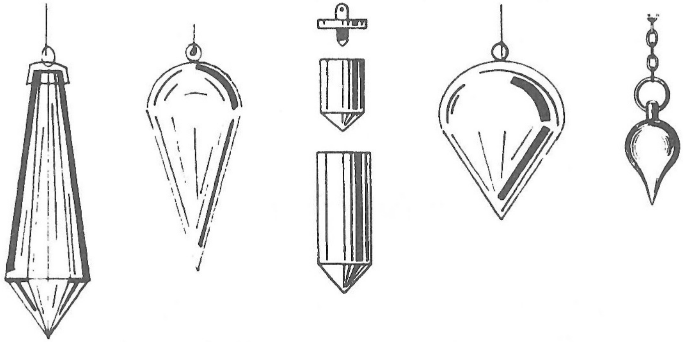

Figure 1. The pendulum. The best shape to look for is one that tapers to a point.

realize that you can actually feel this force field. As you become more experienced, you will not have to keep so strictly to these rules.

The pendulum can move in three different ways: with a circular movement, elliptical movement or in a straight line. There is a marked difference between these movements. (See figure 2.)

When you are using the pendulum, keep your eyes on the point. Make sure that your imagination does not lead your eyes to follow an imaginary pattern, since this could influence the results. Any object on which you wish to use the pendulum should also first be purified from extraneous radiation that might also play a role. This can be done by placing the object in running water for a while. However, the same effect can be achieved by magnetizing the object with the left hand. To do this, hold the left hand a little bit above the object and take a few deep breaths. Every time you breathe in, imagine that all external influences that could have become attached to the object are sucked up while you breathe in through the magnetic pole of the left hand. When you have done this a few times, shake the left hand as though you are shaking off a few drops of water. If the pendulum now *hangs quite still* over the object, you will know that all the extraneous influences have been removed.

Obviously, you will understand that in view of these extraneous influences you must take care not to let your pendulum fall into strange hands. For this reason, carry it with you wherever you go, preferably wrapped in a silk cloth.

Before you really start to use the pendulum, you must first charge it. This is done by holding it in the right hand and breathing on it a few tmes. While doing this, imagine as intensely as possible that you are filling the pendulum with your own life force. *Do not forget that your imagination is the most powerful tool at your disposal.*

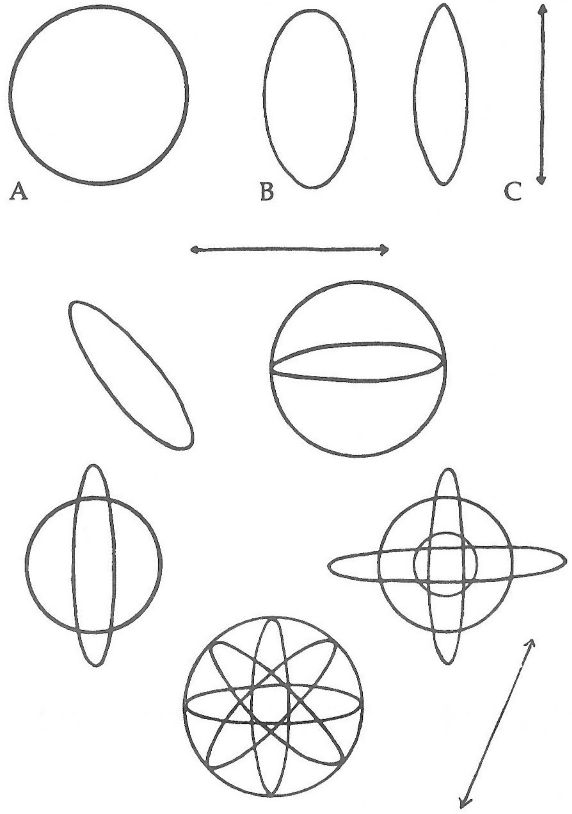

Figure 2. The pendulum will move in three basic ways: a) circular movements; b) eliptical movements; and c) in a straight line. There are many variations on these basic movements, as shown in this illustration.

Experimenting with the Pendulum

Our first series of experiments are concerned with using the pendulum on minerals. This is done mainly to determine the type of figure described by the pendulum—circle, ellipse or straight figure—as shown in Table 1. However, it is also done to determine which degrees it describes between 0° and 360°. (See the pendulum chart on dynamic values.)

Now take the pendulum in your hands. We will assume that it is made of copper or gold. Place an object made of gold beneath it. You will notice that the pendulum will slowly start to move in *a wide circle to the right.* The width of this circle depends on the purity of the gold. The same figure is obtained for radium, uranium, calcium, copper, manganese and platinum as for gold. However, if you use the pendulum over a silver object you will find that the pendulum *turns to the left and tends to describe an elliptical figure.* The same figure is also made with iron, nickle, aluminum, sulphur, lead, cadmium, and a number of other minerals.

Table 1. Using the Pendulum on Minerals

Pendulum Material	Used over: Iron	Nickel	Zinc	Copper	Lead	Alloy
Copper	⤢	↻	↔	↻	⬭↺	⬯↻
Magnesium	⤢	⤢	↕	⬭↻	↺	↕
Stone	⤢	↕	⬭↺	↔	↻	↻
Wood	↕	⤢	⤢	↔	↻	⬭↻
Crystal	↻	⤢	⤢	↻	↻	↻
Steel	↕	⤢	⬭↺	↔	○	○
Silver	⤢	⤢	⤢	↔	○	○

I have deliberately started by using the pendulum with gold and silver, as these will reveal the movements corresponding to the most important polarities: gold-silver; sun-moon; male-female; mind-matter; positive-negative; dynamic-receptive. *A clockwise rotation indicates a male radiation; a counterclockwise rotation indicates a female radiation.*

When you extend these experiments to inorganic substances, chemical compounds, fossils, plants, perfumes, herbs, foodstuffs and so on, there is an almost infinite series of possibilities. However, you should only try these things when you feel that you are in control of your pendulum and you know what it is telling you.

The next step is to use the pendulum with colors. Paint a few sheets of paper with poster paints or use colored paper and determine the patterns described by the pendulum over the main colors. Compare your results with those in Table 2. Make notes about your own results and compare them with your findings the next time you do the same tests.

When you start to feel confident enough about the results of your experiments you can go one step further. You no longer

Table 2. Using the Pendulum on Colors

Color	Pendulum Material: copper	magnesium	stone	wood	crystal	steel	silver
bright blue	↔	⬭↺	⬭↻	↕	⤢	↔	○
dark blue	⬭↻	⬯↺	↔	⬭↻	↕	⬭↺	⤢
green	⬭↺	⬭↺	⤡	⤡	↻	⬭↺	⬭↻
red	⬯↻	⤢	↻	↻	⬭↺	↻	↻
black	⬭↻	⬭↺	↔	↕	↔	↻	⬭↺
carmine	⤢	↻	↕	⬯↻	↻	⬭↺	↔

have to rest your arm on a table when you are using the pendulum, but can move freely. Now you can develop from so-called "figure pendulum exercises" to the so-called "degree pendulum exercises." The chart of dynamic values is accompanied by a classification of degrees and the four points of the compass (see Chart 5). Every object has its own degree, which you can get to know through your pendulum. The Table of Dynamic Values, facing Chart 5, shows the main materials and substances so that you can orient on these. However, they only serve as a guideline.

We will begin by using the pendulum with people. It is possible to use the pendulum to examine the different parts of the body in which the strength of radiation gives an indication of sex, character, and the physical and emotional condition of the individual. In this way you can discover whether the polarity might be incorrect or whether the psyche is not in equilibrium. For example, when more elliptical than circular patterns are described for a man, you can assume that his disposition has a more feminine than masculine character. The pendulum will react most strongly to the sexual organs; the movement of the pendulum will show almost immediately whether there is a sun or a moon force. To find the correct polarity you must use the pendulum over the person's thumb. Normally the pendulum will describe wide circles. For the left thumb there will be clockwise circles; for the right thumb they are counterclockwise.

• • •

The pendulum is also extremely useful for obtaining reliable information regarding a person's spiritual development. If you hold the pendulum over the bridge of someone's nose, you can discover some of the main drives influencing his behavior. For this you should concentrate on the head and nervous system. Normally the pendulum will move in a clockwise direction, as it does for the heart. You can draw various conclusions from the nature of the circles. An essential factor in this is *the number of circles* described by the pendulum, as well as their *size and nature.* In some cases the pendulum will describe *a triangular pattern over the head and heart.* In this triangle the longest point is upwards. This indicates a *highly developed spiritual life.* (See Table 3.)

Also try holding the pendulum over a person's chest; you will feel the force emanating from the lungs. *It is often possible to distinguish diseased areas from the fact that the pendulum stops moving entirely.* When the pendulum reacts with *pulling movements* toward a point diagonally above and to the right of an organ, it can, in some cases, indicate cell destruction of the tissue of this organ.

Table 3. Using the Pendulum over the Body

cortex, face	○ (△)	intestines	⬭
cerebellum, lower jaw, neck	○	abdominal organs	↔
top of right lung	⤡	right leg, thigh	↕
bronchi	↕	right leg, knee	○
top of left lung	⤢	right leg, lower leg	↓
heart	○ (△)	left leg, thigh	↓
lungs	○	left leg, knee	○
stomach	◯	left leg, lower leg	↓
liver	⬭	feet	○
solar plexus	◯	life force	small or large circle

The heart can also be examined in the same way. In healthy people there is an *even, circular, clockwise movement.* Whenever this is broken by restless movements, tremors or pulling of the pendulum, this indicates either a nervous condition and tension or damage, or a complaint in the organ itself.

You can also try the pendulum over *the stomach* area and the *solar plexus.* The usual *large, broad circles* clearly reveal the importance of this area in the nervous system and provide some insight into the function and effect of the nervous system. Keep the pendulum above the *body* and you will have *horizontal, wide elliptical movements.* A little lower down above *the lower abdomen,* the pendulum will move in *straight lines across the body*, indicating the pure, vegetative aspect of this area. Although the pendulum is supposed to react with straight lines in this area, it should not react this way for any other part of the body. Straight lines elsewhere would be indicative of something wrong. If the line is *not straight across the body* but moves diagonally, this indicates a *sexual deviation.*

You can also use the pendulum over photographs, handwriting or even the shadow of another person. You will always obtain the results outlined above.

It is also possible to find out a great deal about a person's character. There are many different opinions regarding the examination of a person's character using a pendulum. This is not very surprising when you consider how many different vibrations and degrees of vibration constitute a personality.

Hold the pendulum above the chest and concentrate on letting it tell you about a person's character. At first there will be the usual elliptical and circular patterns. If these are small and narrow, the person concerned has an inhibited character. If there is an absolutely straight line, selfishness and an obstinate character is indicated. If the line is long and the pendulum moves with some force, the person concerned is energetic and purposeful, but will not take other people into account and may even be rather ruthless. If the pendulum moves in quite wide circles and ellipses, this indicates a strong, constructive character.

Sometimes the figures start off narrow and only gradually become wider. This means that the person concerned has broken through the narrow limitations of his existence and has embarked on a period of spiritual growth. If the circles start off large and gradually become smaller and tighter, this indicates a development in the opposite direction. If the figures described by the pendulum become *horizontal ellipses,* this is indicative of tolerance, a sympathetic character and an understanding of human weakness. If the lines *go towards the feet,* this shows an interest in the good things of the earth, and in many cases it also indicates a materialistic streak. If the circle is slightly flattened at the top so that the cerebral cortex is not included, this reveals a lack of intelligence and the absence of spiritual interest. In this case the pendulum will only describe one sort of figure: for men, only neutral circles, and for women, only neutral ellipses. Both these figures point to purely vegetative functions.

One thing should never be forgotten: In all these experiments, thought vibrations produced either by yourself or by others can be extremely disruptive. It is obvious that the pendulum is extremely sensitive to thought vibrations—therefore it is important to work carefully to avoid the possibility of influencing the pendulum.

At this point another important factor should be considered: All the moods, feelings and vibrations of other people will be passed to you. You will be able to feel their influence clearly in the arm holding the pendulum. Illnesses can also be transmitted through the pendulum. You must therefore never forget to protect yourself in the correct way with rhythmic breathing. For example: When you use the pendulum with people who are in harmony, it will describe large, wide, regular circles, and often the thread or chain is not even long enough to describe the whole circumference. But when using the pendulum with people who are not in harmony you can often feel a sense of revulsion and rejection; your arm might start to pull away, or you might feel tired, or the pendulum might fall out of your hand. In these cases it is important to start breathing rhythmically in order to get rid of the negative vibrations that have taken hold of you. A strong downwards pull on the pendulum when you use it over a person is an unfavorable sign. This negative impression is even stronger if the pendulum is describing a line that runs east-west. Unfavorable tendencies in a person's character are also indicated when the pendulum changes its direction of rotation one or more times.

Continue to practice with experiments of your own. When you are using the pendulum to find out about character it is particularly important to come to conclusions that are valid for you personally and put your mind at rest. An interesting experiment might be to try analyzing your own character! Write down the characteristics you discover and see which figures the pendulum uses to indicate them. By practicing in this way you can achieve wonderful results and learn to know yourself.

It is clear that the pendulum can also be used to determine sympathy or antipathy—attraction and repulsion—between people, animals, plants and minerals. *A circle that embraces* the people or objects indicates sympathy, closeness and cohesion; *a line that divides* the people or objects denotes rejection and antipathy.

If you want to find out whether two people suit each other you can hold the pendulum between their two right hands. The result will provide you with the answer to your question. In the same way, you can also find out what things are good for you and which are not. Put your left hand on the table and place some tobacco next to it. Now hold the pendulum between them and concentrate on the attraction and repulsion between them. If you can achieve *positive results* with the substance concerned the pendulum will describe *large circles,* sometimes encompassing the whole hand. In the opposite case, the pendulum will move in a *straight dividing* line between the hand and the object concerned and it is advisable not to use any of that substance. It is possible to use the pendulum in the same way to distinguish the type and usefulness of various medicines.

Using the pendulum to determine illness is very specialized and to do it well it is necessary to practice very intensely. It is only possible to make a few short remarks on this subject here. For example, hysteria will cause the pendulum to move in nervous jumpy lines. Weak nerves are indicated by east-west lines that decrease in size and eventually come to a standstill.

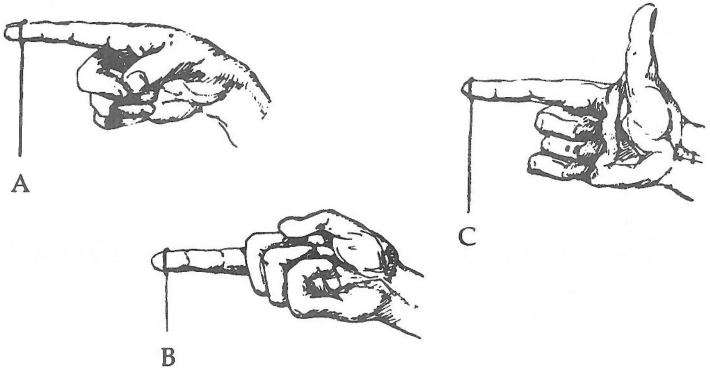

Figure 3. Holding the pendulum. Positions A and B are best when using a conical or cylindrical pendulum.

When the pendulum describes nervous lines over the forehead and seems to hit against a solid wall at the ends of the lines, a limited intelligence is indicated.

We can also examine the use of the pendulum with different gems. Gems contain various magic forces that can influence people in positive or negative ways. Obviously it is important to know which gem goes with a particular individual.

In this day and age, synthetic gems are made that are barely distinguishable from the real thing. Their weight, hardness and overall characteristics can even fool a professional jeweler! The pendulum can provide a solution. Concentrate on the life force of the gem. This force will be clearly indicated for real gems, while the pendulum will remain motionless over fake gems.

In principle you should use the procedures in all the experiments described above. It is only by using the pendulum as proscribed that you will become really experienced. After you've gained some experience you can choose a more unusually shaped pendulum, and change the position of your fingers to discover how to reach the highest degree of sensitivity so that you can feel the slightest vibrations. Figure 3 shows a number of possibilities for holding the pendulum. To feel the bigger vibrations, it is best to use the finger positions A and B in figure 3 with a conical or cylindrical pendulum. The pendulum should be fairly large and heavy in order to sense the force fields concerned. The more subtle the vibrations, the finer the pendulum should be and the more finely the finger position should be tuned into cosmic rays.

Pendulum Charts

Gemstone Significance

1. Lapis lazuli: friend stone
2. Chrysoprase: for a sore throat
3. Olivine: against evil influences
4. Jasper: strengthens the stomach, liver and kidneys
5. Garnet: strengthens the will
6. Onyx: strengthens the sense of hearing
7. Malachite: strengthens the heart, eyes and nerves
8. Rutile quartz: for bronchitis and asthma
9. Rock crystal: strengthens the back and solar plexus
10. Opal: stone of ill luck, attracts jinxes
11. Tiger eye: against fear
12. Diamond: inspires self-confidence
13. Sapphire: inspires purity, serenity and loyalty
14. Beryl: strengthens the sense of sight and the liver
15. Emerald: strengthens the intelligence and the memory
16. Aquamarine: prolongs youth, enhances marital bliss
17. Hyacinth: stimulates dreaming, anti-allergic
18. Ruby: opposes decay, fever and melancholia
19. Coral: prevents anemia
20. Turquoise: prevents accidents, fulfills wishes
21. Topaz: prevents enmity and false friends
22. Amethyst: for drunkenness, sleeplessness and migraine
23. Amber: stimulates the growth of teeth
24. Moonstone: promotes fertility, dependency and provides inspiration and love

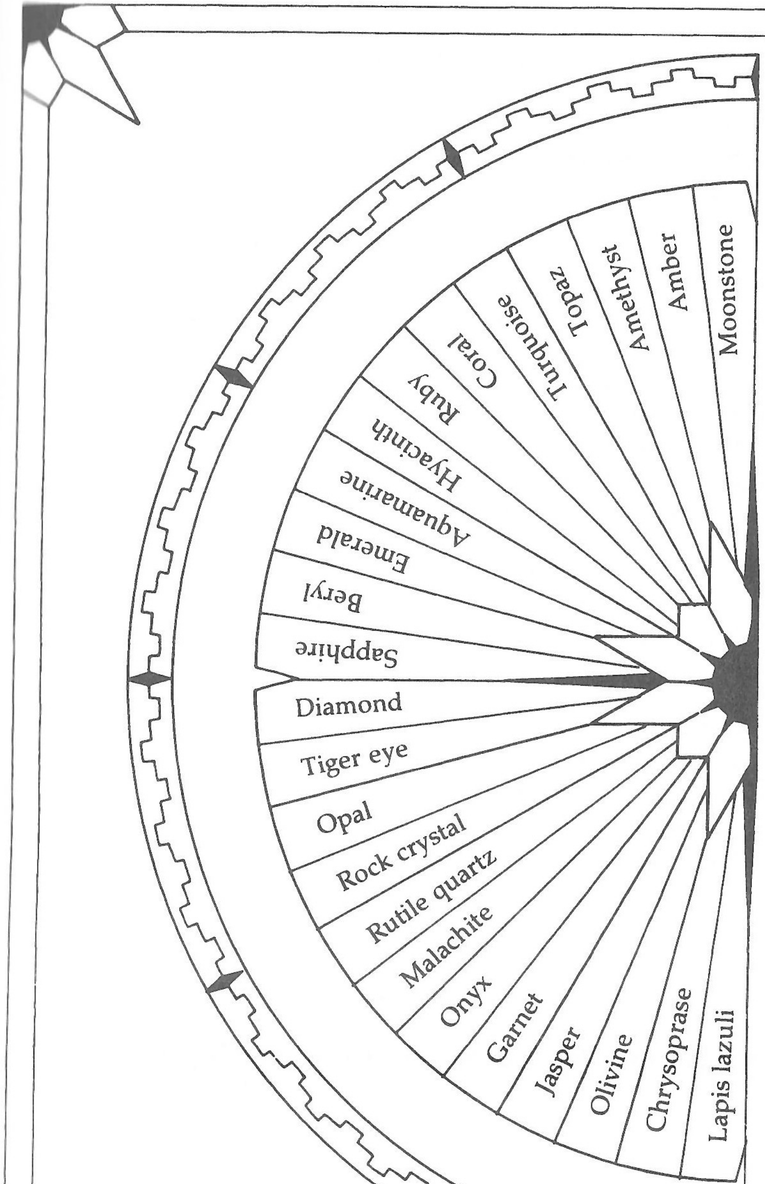
Lapis lazuli
Chrysoprase
Olivine
Jasper
Garnet
Onyx
Malachite
Rutile quartz
Rock crystal
Opal
Tiger eye
Diamond
Sapphire
Beryl
Emerald
Aquamarine
Hyacinth
Ruby
Coral
Turquoise
Topaz
Amethyst
Amber
Moonstone

CHART 1

Which gemstone is best for me?

Color Significance

1. Dark red: temperamental
2. Fiery red: passionate
3. Scarlet: sensual
4. Crimson: merry
5. Orange: proud
6. Salmon: immature
7. Ochre: devious, sly, jealous
8. Pale yellow: mentally active
9. Lemon yellow: spiritual
10. Green: lovable
11. Apple green: musical
12. Olive green: melancholy
13. Navy blue: decent, respectable
14. Royal blue: loyal
15. Greenish blue: self-confident
16. Sky blue: superficial
17. Gray blue: superstitious
18. Violet: intuitive
19. Lilac: healing
20. Reddish brown: hopeless
21. Dark brown: greedy, grasping
22. Black: sad, mourning
23. Gray: fearful, timid
24. White: a drive for perfection

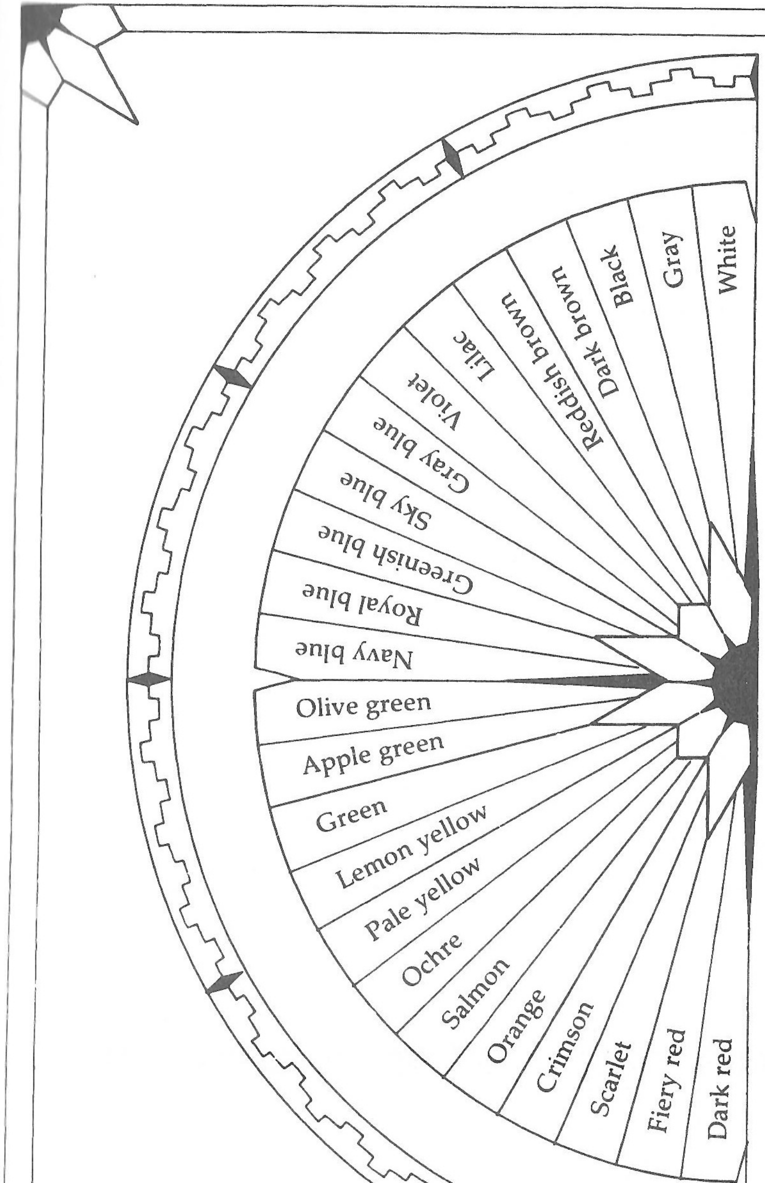
Dark red
Fiery red
Scarlet
Crimson
Orange
Salmon
Ochre
Pale yellow
Lemon yellow
Green
Apple green
Olive green
Navy blue
Royal blue
Greenish blue
Sky blue
Gray blue
Violet
Lilac
Reddish brown
Dark brown
Black
Gray
White

CHART 2

Which color is best for me?

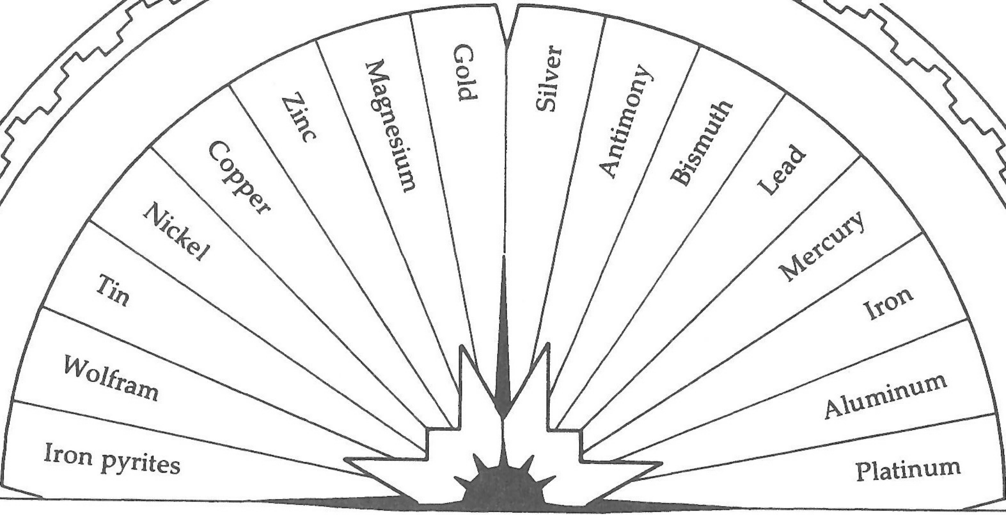
Iron pyrites
Wolfram
Tin
Nickel
Copper
Zinc
Magnesium
Gold
Silver
Antimony
Bismuth
Lead
Mercury
Iron
Aluminum
Platinum

CHART 3

Which metal is best for me?

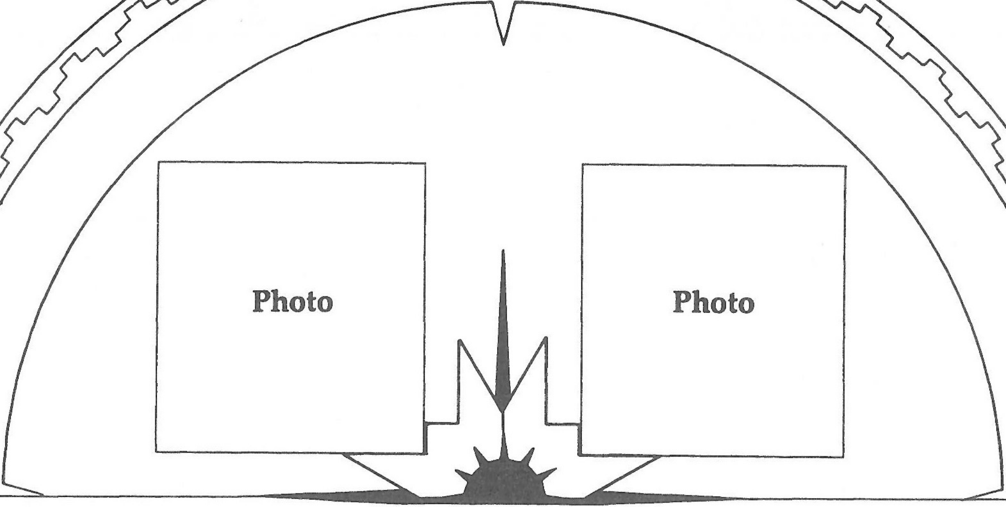
Photo
Photo

CHART 4

Is this a good partner? or
Is this a good friend? or
Is this a good companion?

Table of Dynamic Values

Elements:	
hydrogen	0°
gold	0°
diamond	5°
silver	45°
zinc	67.5°
palladium	90°
uranium	100°
copper	112.5°
iridium	120°
tin	125°
aluminum	130°
platinum	135°
nickel	140°
cobalt	145°
lead	150°
iron	157.5°
selenium	175°
phosphorus	177.5°
sulphur	180°
mercury	270°
nitrogen	270°
chlorine	355°
oxygen	360°

Precious stones:	
diamond	5°
chrysolite	247.5°
opal	247.5°
pure rock crystal	267.5°
common quartz	270°
chalcedony	270°
red tourmaline	280°
garnet	292.5°
jasper	295°
smoky topaz	297.5°
fine tourmaline	290°
lapis lazuli	290°
sapphire	322.5°
beryl	290°
emerald	297.5°
aquamarine	300°
emerald, bright green	302.5°
chrysoberyl	305°
hyacinth, pale red	305°
hyacinth, dark red	315°
gray tourmaline	272.5°
black tourmaline	290°
ruby	312°, 315°

Colors:	
cobalt blue	315°
indigo blue	255°
bright blue	217.5°
bright orange	222.5°
bright red	215°
bright violet	230°
bright brown	240°

Miscellaneous:	
ice, snow	202.5°
rainwater, distilled water	180°
brass	ca. 105°
half silver, half copper	77.5°
cast iron	150°
steel	152.5°
lodestone	330°
humus	292.5°
urine	270°
human excrement	315°
caffeine	265°
tannin	267.5°
morphine	292.5°

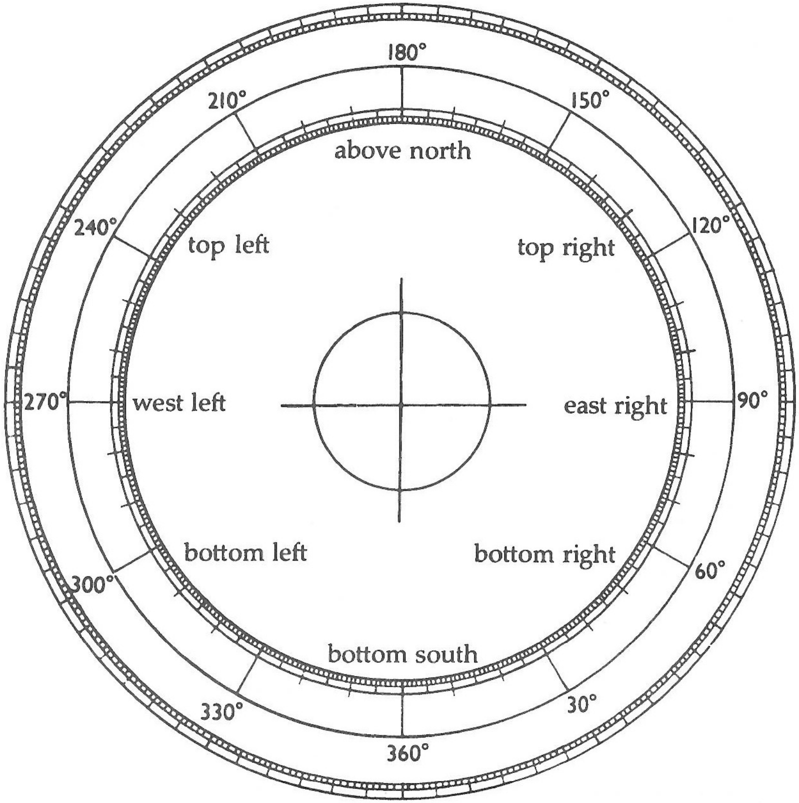
180°
210°
150°
above north
240°
120°
top left
top right
270°
west left
east right
90°
bottom left
bottom right
300°
60°
bottom south
330°
30°
360°

CHART 5

Dynamic Values

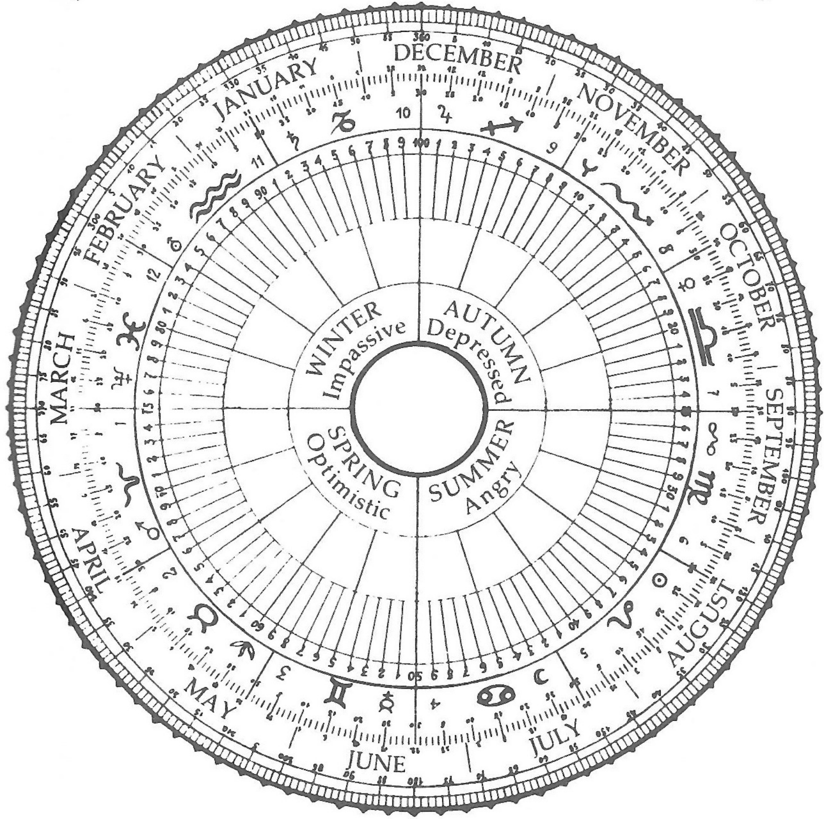
DECEMBER
NOVEMBER
OCTOBER
SEPTEMBER
AUGUST
JULY
JUNE
MAY
APRIL
MARCH
FEBRUARY
JANUARY
WINTER
Impassive
AUTUMN
Depressed
SUMMER
Angry
SPRING
Optimistic

CHART 6

Pendulum chart for different purposes:

1. Diagram of months with data
2. Diagram of seasons
3. Diagram of temperaments
4. Astrological diagram
5. 100 and 360 degree diagram rotating in a clockwise direction

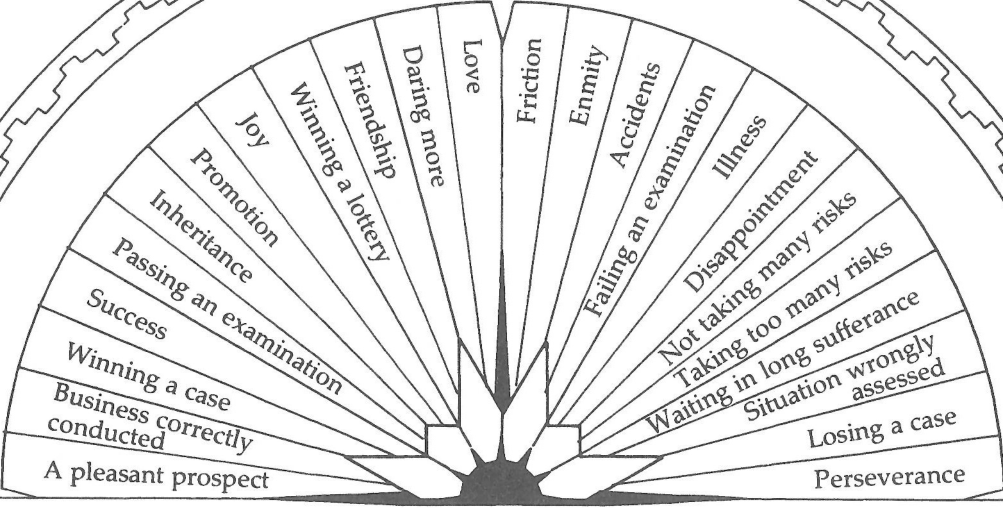
A pleasant prospect
Business correctly conducted
Winning a case
Success
Passing an examination
Inheritance
Promotion
Joy
Winning a lottery
Friendship
Daring more
Love
Friction
Enmity
Accidents
Failing an examination
Illness
Disappointment
Not taking many risks
Taking too many risks
Waiting in long sufferance
Situation wrongly assessed
Losing a case
Perseverance

CHART 7

**Questions about fate:
What is awaiting me?**

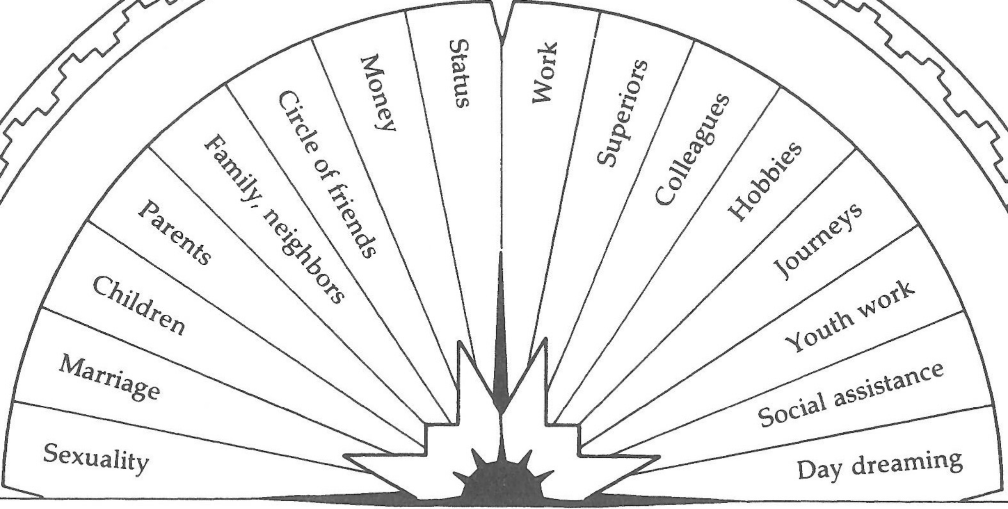
Sexuality
Marriage
Children
Parents
Family, neighbors
Circle of friends
Money
Status
Work
Superiors
Colleagues
Hobbies
Journeys
Youth work
Social assistance
Day dreaming

CHART 8

Which factor plays an important role in my life?

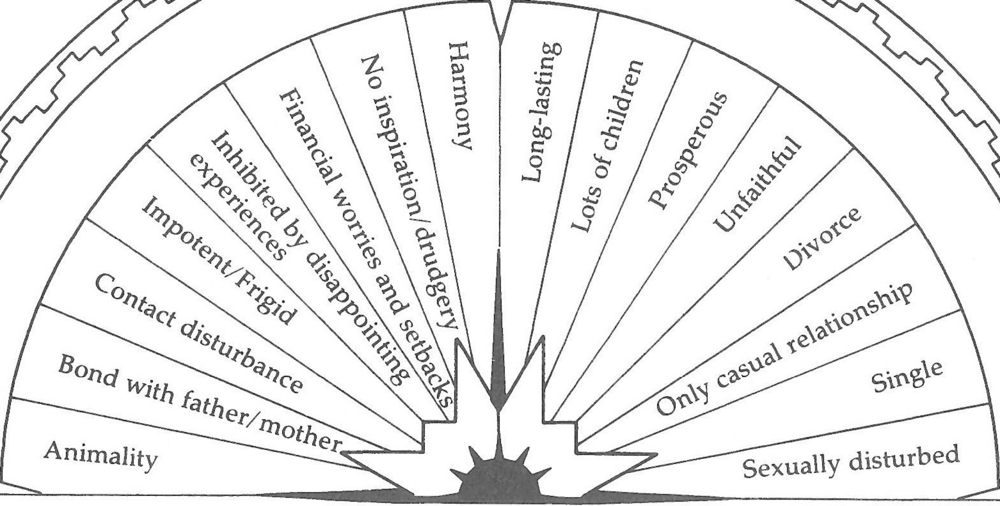
Animality
Bond with father/mother
Contact disturbance
Impotent/Frigid
Inhibited by disappointing experiences
Financial worries and setbacks
No inspiration/drudgery
Harmony
Long-lasting
Lots of children
Prosperous
Unfaithful
Divorce
Only casual relationship
Single
Sexually disturbed

CHART 9

Marriage (Partner)

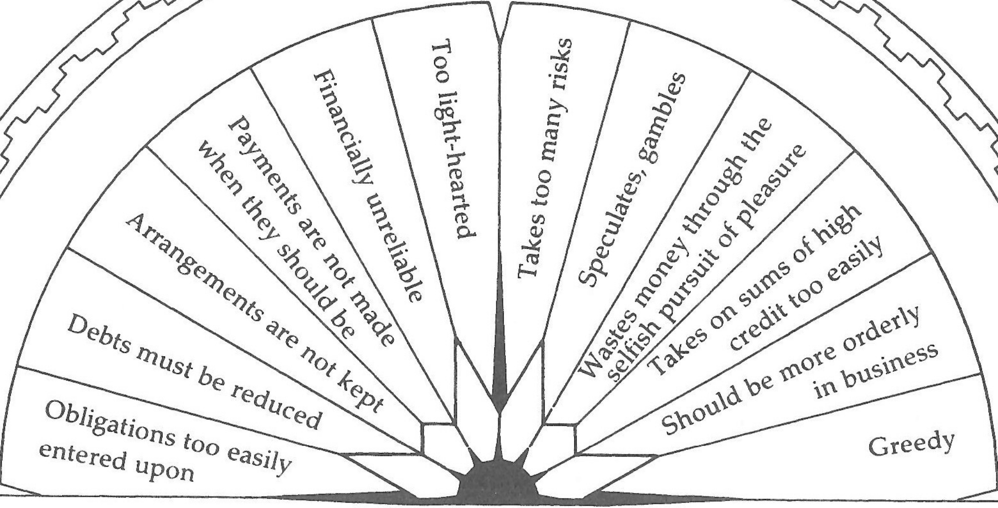
Obligations too easily entered upon
Debts must be reduced
Arrangements are not kept
Payments are not made when they should be
Financially unreliable
Too light-hearted
Takes too many risks
Speculates, gambles
Wastes money through the selfish pursuit of pleasure
Takes on sums of high credit too easily
Should be more orderly in business
Greedy

CHART 10

Money matters

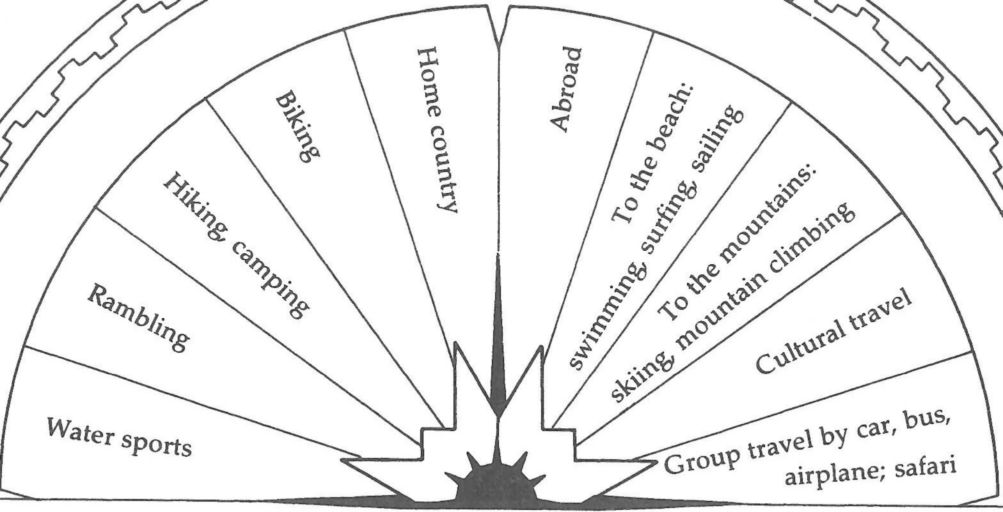
Water sports
Rambling
Hiking, camping
Biking
Home country
Abroad
To the beach: swimming, surfing, sailing
To the mountains: skiing, mountain climbing
Cultural travel
Group travel by car, bus, airplane; safari

CHART 11

Holidays

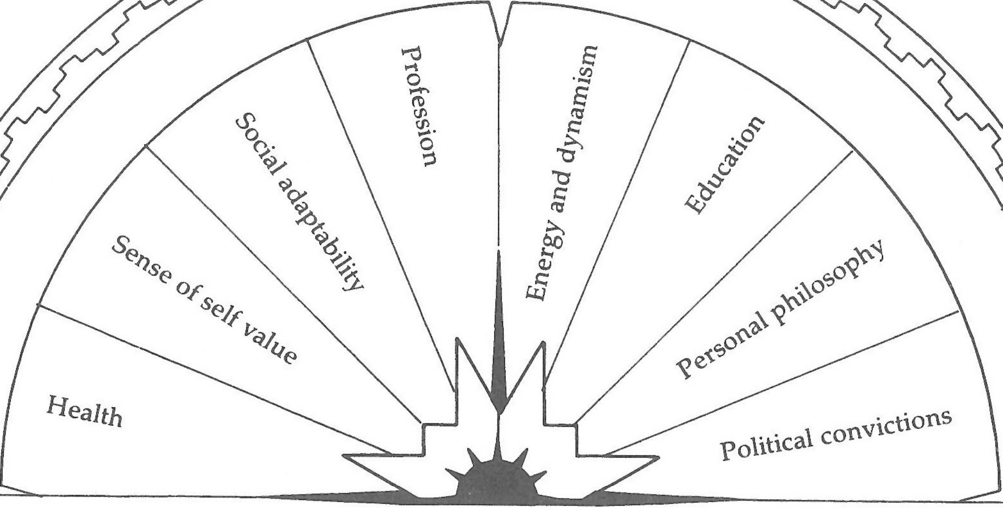
Health
Sense of self value
Social adaptability
Profession
Energy and dynamism
Education
Personal philosophy
Political convictions

CHART 12

What stands in the way of happiness in my life?

(For further details, see charts 13 through 20)

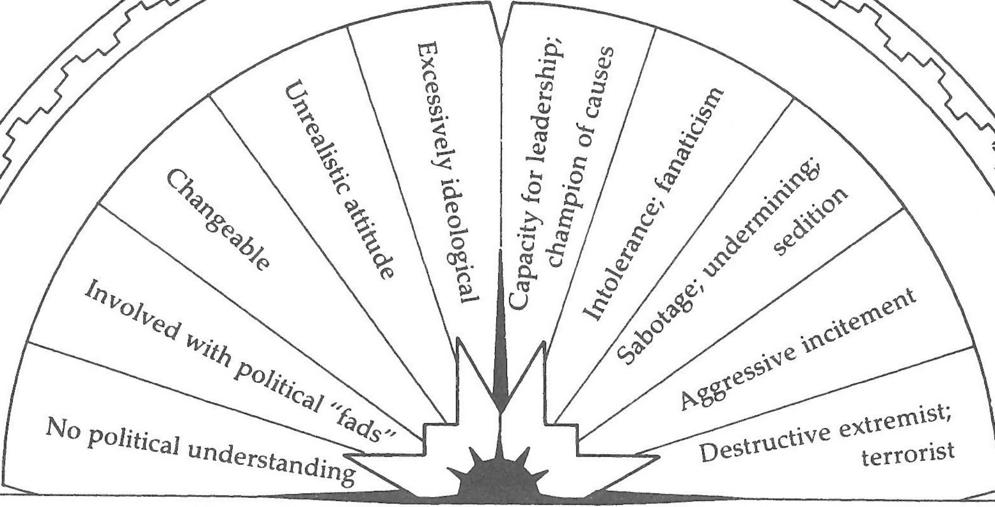
No political understanding
Involved with political "fads"
Changeable
Unrealistic attitude
Excessively ideological
Capacity for leadership; champion of causes
Intolerance; fanaticism
Sabotage; undermining; sedition
Aggressive incitement
Destructive extremist; terrorist

CHART 13

Political Conviction

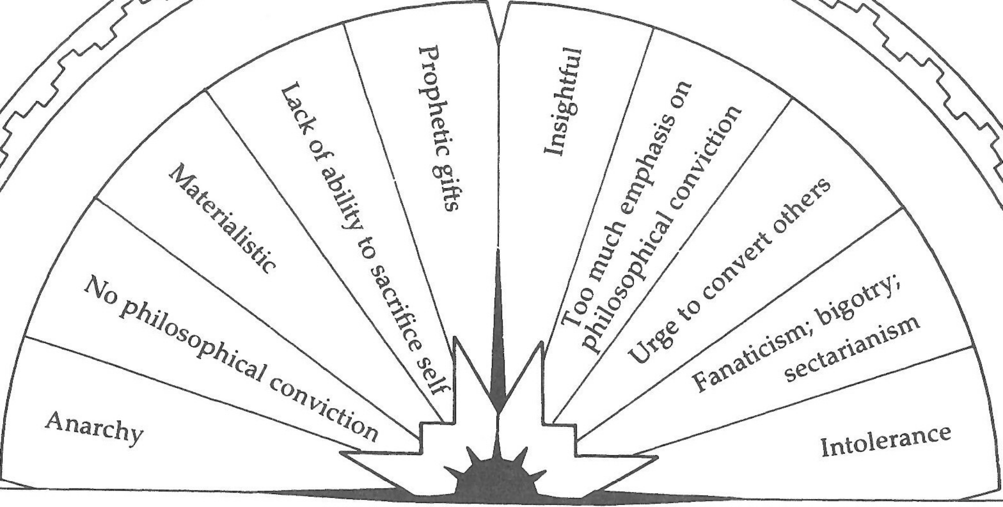
Anarchy
No philosophical conviction
Materialistic
Lack of ability to sacrifice self
Prophetic gifts
Insightful
Too much emphasis on philosophical conviction
Urge to convert others
Fanaticism; bigotry; sectarianism
Intolerance

CHART 14

Personal philosophy

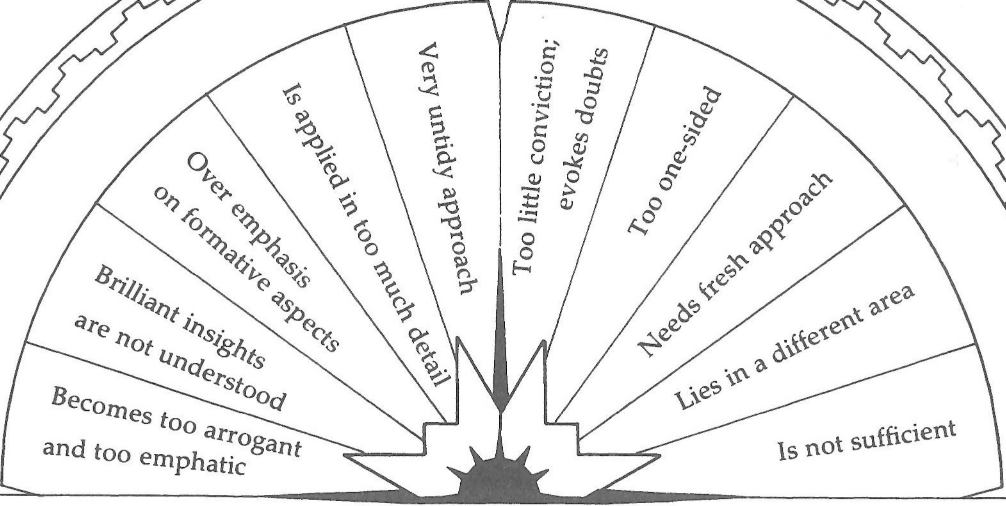
Becomes too arrogant and too emphatic
Brilliant insights are not understood
Over emphasis on formative aspects
Is applied in too much detail
Very untidy approach
Too little conviction; evokes doubts
Too one-sided
Needs fresh approach
Lies in a different area
Is not sufficient

CHART 15

Education

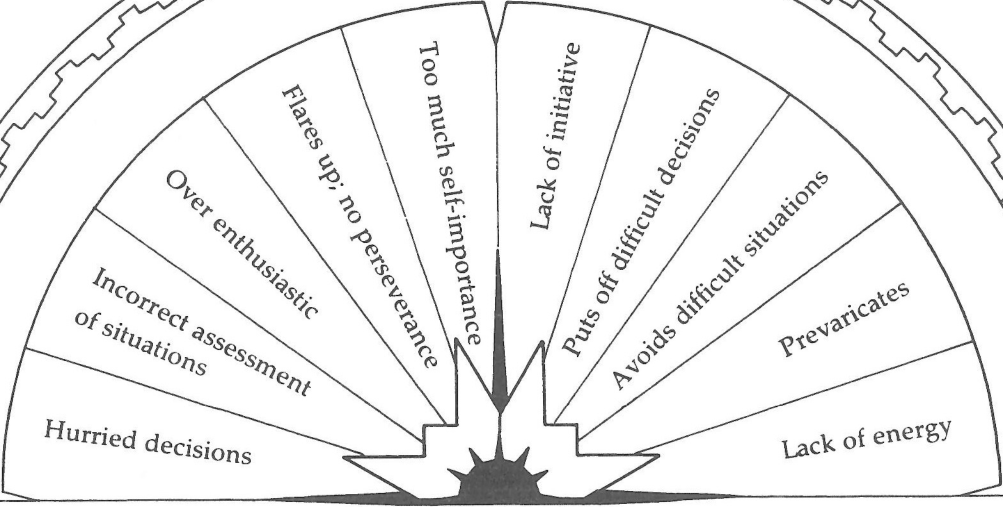
Hurried decisions
Incorrect assessment of situations
Over enthusiastic
Flares up; no perseverance
Too much self-importance
Lack of initiative
Puts off difficult decisions
Avoids difficult situations
Prevaricates
Lack of energy

CHART 16

Energy and dynamism

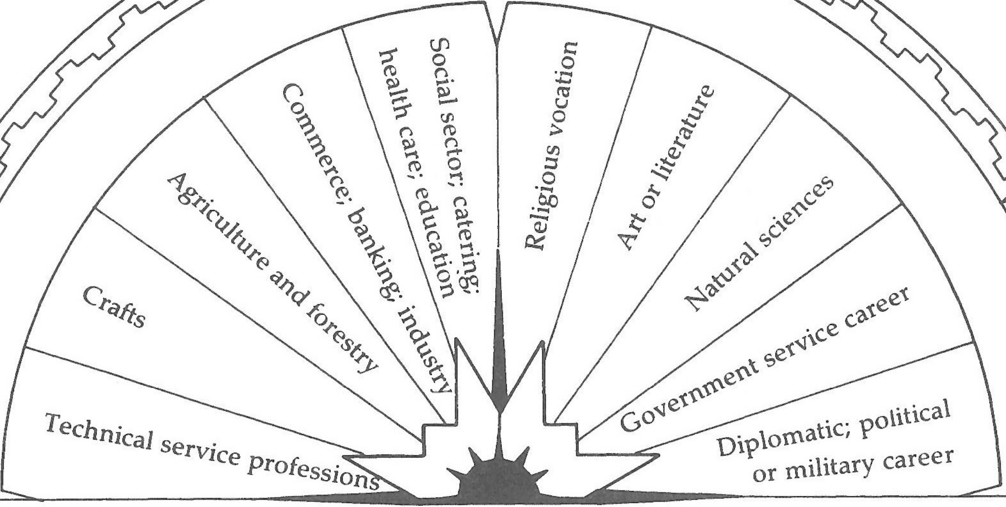
Technical service professions
Crafts
Agriculture and forestry
Commerce; banking; industry
Social sector; catering; health care; education
Religious vocation
Art or literature
Natural sciences
Government service career
Diplomatic; political or military career

CHART 17

Profession

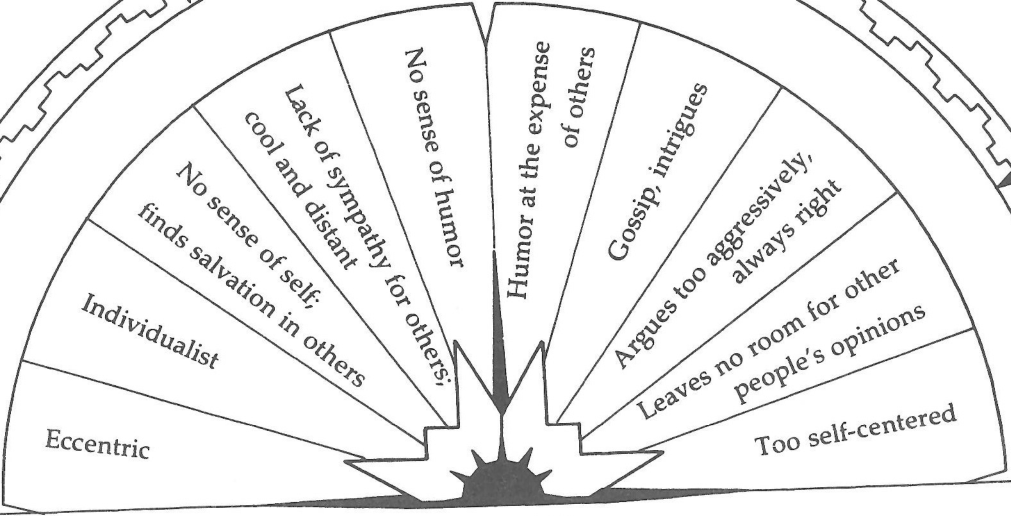
Eccentric
Individualist
No sense of self; finds salvation in others
Lack of sympathy for others; cool and distant
No sense of humor
Humor at the expense of others
Gossip, intrigues
Argues too aggressively, always right
Leaves no room for other people's opinions
Too self-centered

CHART 18

Social adaptability

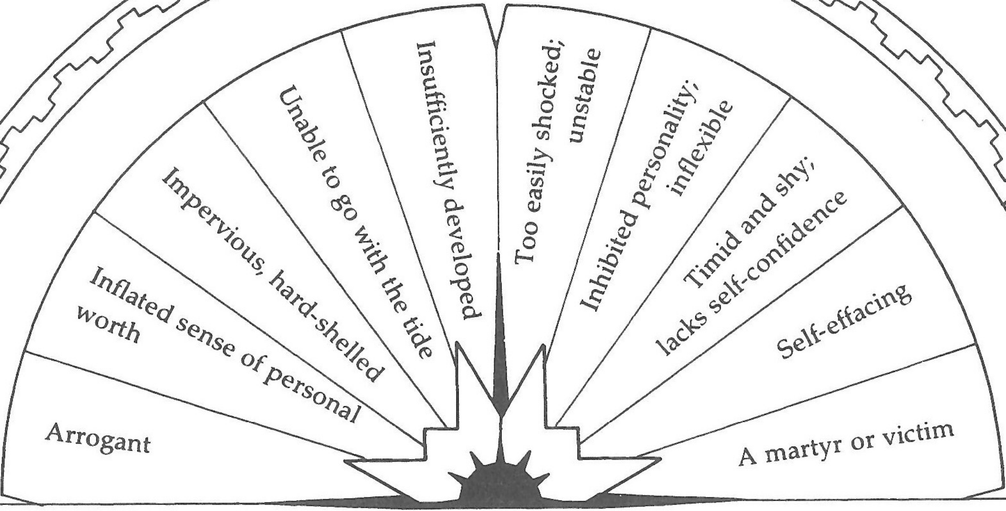
Arrogant
Inflated sense of personal worth
Impervious, hard-shelled
Unable to go with the tide
Insufficiently developed
Too easily shocked; unstable
Inhibited personality; inflexible
Timid and shy; lacks self-confidence
Self-effacing
A martyr or victim

CHART 19

Sense of self value

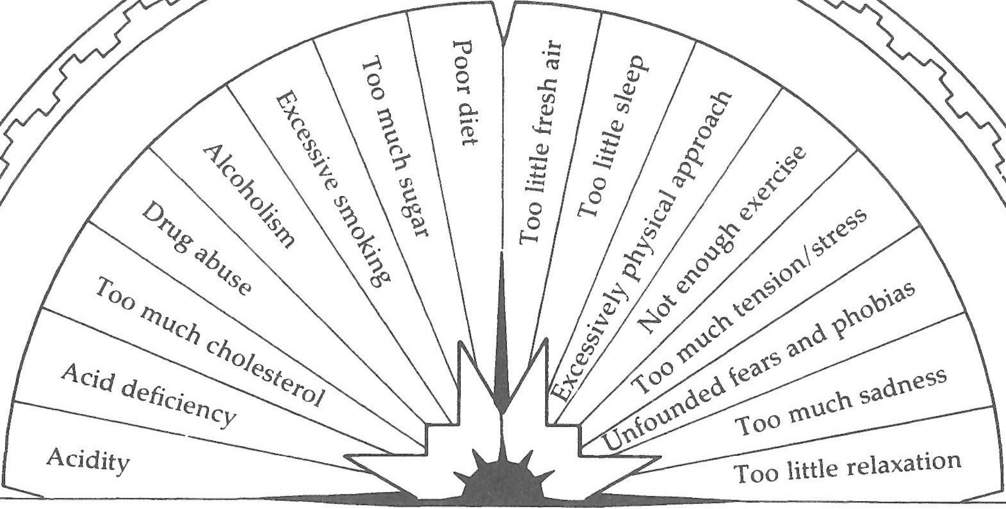
Acidity
Acid deficiency
Too much cholesterol
Drug abuse
Alcoholism
Excessive smoking
Too much sugar
Poor diet
Too little fresh air
Too little sleep
Excessively physical approach
Not enough exercise
Too much tension/stress
Unfounded fears and phobias
Too much sadness
Too little relaxation

CHART 20

What things have an unfavorable influence on my health?

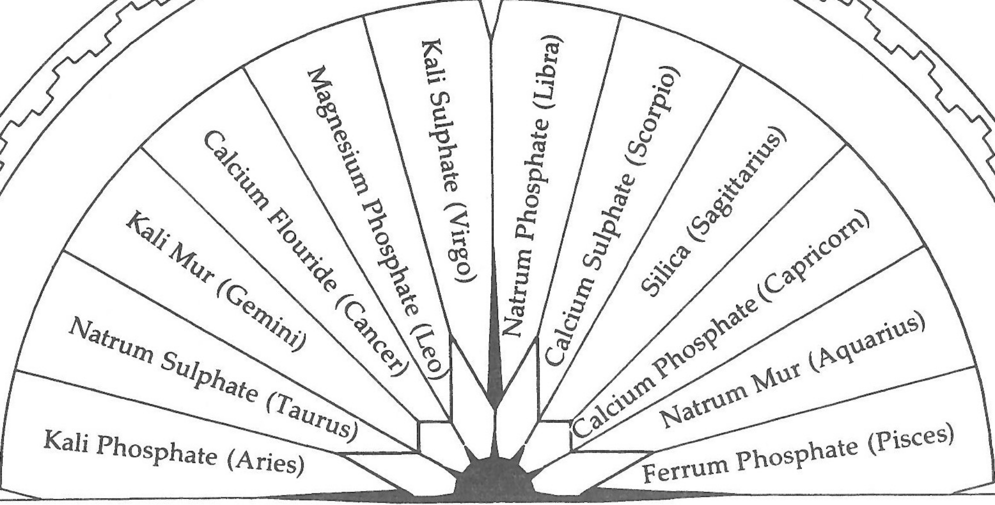
Kali Phosphate (Aries)
Natrum Sulphate (Taurus)
Kali Mur (Gemini)
Calcium Flouride (Cancer)
Magnesium Phosphate (Leo)
Kali Sulphate (Virgo)
Natrum Phosphate (Libra)
Calcium Sulphate (Scorpio)
Silica (Sagittarius)
Calcium Phosphate (Capricorn)
Natrum Mur (Aquarius)
Ferrum Phosphate (Pisces)

CHART 21

Cell salts for minor complaints

Location of Pain

1. Cortex, nervous center. This regulates all the body's functions and the perception of everything in and around our bodies.
2. Cerebral migraine
3. Eyes
4. Ears
5. Nasal cartilage
6. Jawbone
7. Tonsils
8. Larynx
9. Thyroid gland
10. Windpipe
11. Shoulder joint
12. Bronchi
13. Right lung
14. Liver, front right
15. Gall bladder, behind the liver
16. Pancreas, behind the stomach
17. Large intestine in horizontal position
18. Lower part of main artery
19. Lower part of aorta (hollow)
20. Large intestine upwards
21. Large intestine, downwards
22. Small intestine, coils
23. Appendix, front right
24. Worm-like appendage on appendix
25. Glands
26. Nails of the hands
27. Circulation; arteries from the heart through the body, and from parts of the body to the heart
28. Arteries/veins
29. Toenails
30. Hair
31. Pituitary in the middle of the cortex
32. Cerebellum
33. Spine (main nerve)
34. Aorta
35. Top of the lungs
36. Thymus
37. Left lung
38. Esophagus
39. Heart, between the lungs
40. Stomach, behind the liver
41. Elbow joint
42. Spleen
43. Kidneys
44. Pelvis
45. Urinary tracts
46. Hip joints
47. Bladder
48. Wrist joint
49. Genital organs
50. Knee joint
51. Ankle joint

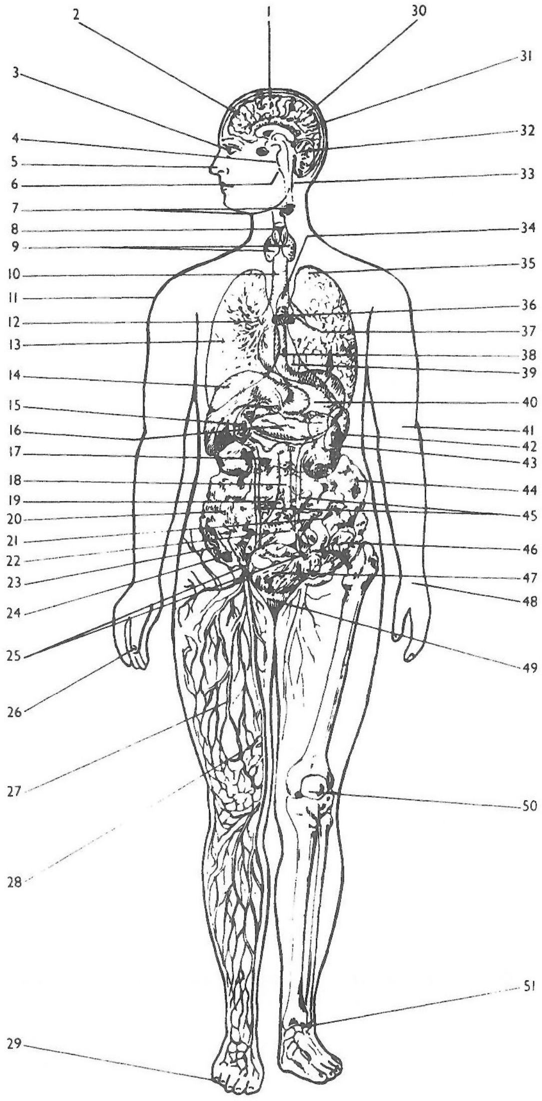

CHART 22

What should I look out for?
Where is the pain?

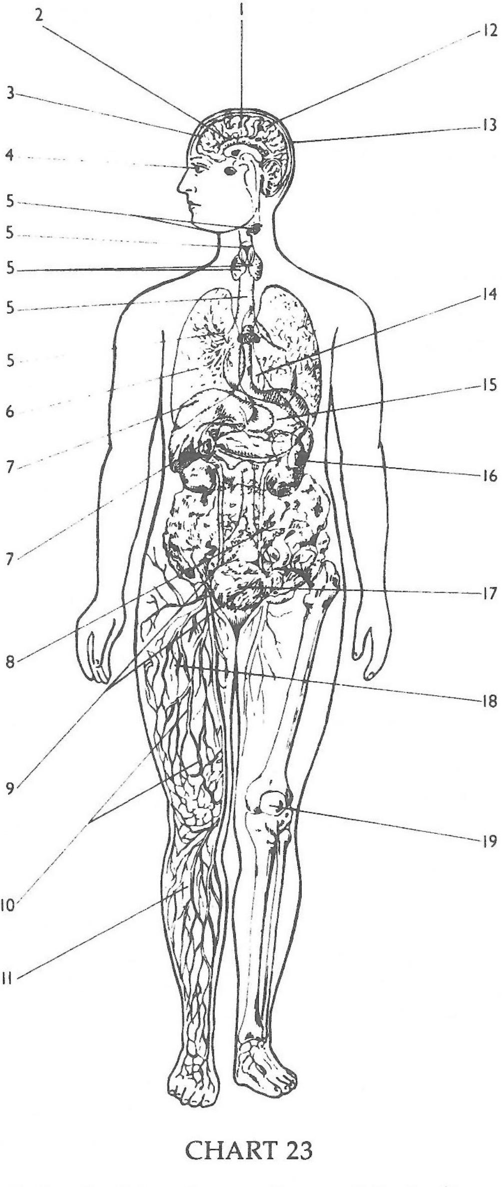
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CHART 23

Which herbal tea has a favorable influence?

(See following pages for a list of remedies.)

Herbal Tea Remedies

1. *Cortex, nervous center:* This perceives any disorder.

2. *Sleeplessness:* mint, passion flower, chamomile, garden sage, hops, motherwort, mullein, scullcap, catmint, lettuce, cowslip, linden blossom.

3. *Headaches:* mint, lavender, feverfew, thyme, rosemary, chamomile, garden sage, rhubarb, angelica, rue, marjoram, wood betony.

4. *Eyebath:* sassafrass, honey clover, angelica, rosemary, chamomile, hyssop, fennel, raspberry leaves, elderflowers, borage, golden seal, eyebright.

5. *Tonsils, larynx, colds, bronchi, sore throat:* garden sage, saffron, fennel, thyme, licorice root, comfrey, golden seal, ginger, lungwort, horehound, vervain.

6. *Lungs:* lobelia, white pine bark, ginger, mullein, golden seal, hyssop/horehound, garlic, yarrow/elderflowers/peppermint, yarrow, slippery elm bark, vervain, comfrey, coltsfoot.

7. *Liver and gall bladder:* gentian root, bitterroot, bloodroot, bittersweet root, celery root and seed, self-heal, uva ursi, dandelion root and leaves, chamomile, angelica, golden seal, agrimony.

8. *Intestines:* licorice root, linseed, St. John's wort, slippery elm bark, golden seal, agrimony, blackberry leaves, marshmallow root, chamomile, scullcap, valerian, senna leaf and pod.

9. *Glands:* dandelion, lemon/honey, bayberry bark, bittersweet, yellow dock, poke root, mullein, agrimony/raspberry leaves, vervain, golden seal, scullcap, slippery elm bark, echinacea.

10. *Circulation (hardening of the arteries):* Hawthorn, nettles, limeblossom, buckwheat, gentian, golden seal, cayenne.

11. *Cramp:* see *purification of the blood.*

12. *Nervous disorders:* garden sage, hops, wood betony, thyme, rue, lemon balm, chamomile, scullcap, catmint, peppermint, woodruff, velarian root, rosemary, lavender, mugwort.

13. *Hair loss:* Indian hemp, nettle, rosemary, garden sage, burdock, chamomile, spanish fly.

14. *Heart:* wood betony, bloodroot, mistletoe, holy thistle, tansy, peppermint, sorrel, coriander, hawthorn, lily of the valley, meadowsweet, slippery elm bark, angelica, borage, cayenne, golden seal, motherwort, gentian root.

15. *Stomach:* peppermint, centaury, yarrow, anise, fennel, gentian root, rosemary, slippery elm bark, wild yam, chamomile, marshmallow root, cayenne, tansy, bayberry bark, comfrey, thyme, bay leaves, marjoram, balomy, balm, ginger, dandelion root, garden sage, angelica.

16. *Spleen:* see *purification of the blood.*

17. *Bladder and urinary tract:* horsetail, gentian root, parsley, sweet balm, chicory, comfrey, celery, mugwort, squaw vine, hops, marjoram, tansy, clivers, couch grass, burdock root, St. John's wort, carrot tops, uva ursi, gravel root, marshmallow root, buchu leaves, corn silk, dandelion root, meadowsweet.

18. *For purification of the blood:* sorrel, dandelion root, blackthorn, prickly ash, spikenard, sassafrass, nettle, white clover, sarsaparilla, gentian root, bittersweet, parsley, chickweed, echinacea, golden seal, burdock root, smart weed, red clover, clivers, hyssop, St. John's wort, yellow dock, borage, tormentil.

19. *Rheumatism:* buchu leaves, catmint, wintergreen, yellow dock, burdock, mugwort, valerian, meadowsweet, corn silk, celery seed and root, red clover, garden sage, chamomile, wood betony.

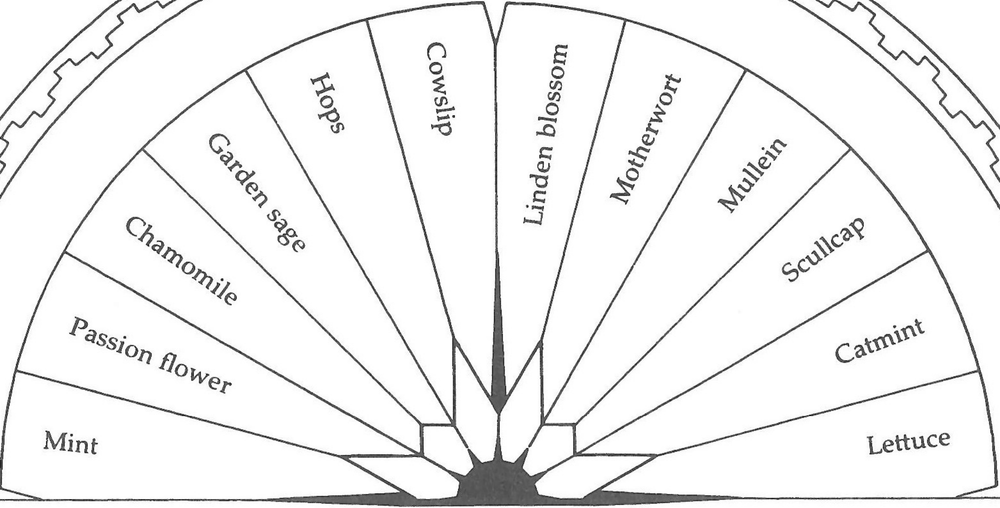

Mint
Passion flower
Chamomile
Garden sage
Hops
Cowslip
Linden blossom
Motherwort
Mullein
Scullcap
Catmint
Lettuce

CHART 24

Herbs for sleeplessness: Which works best for me?

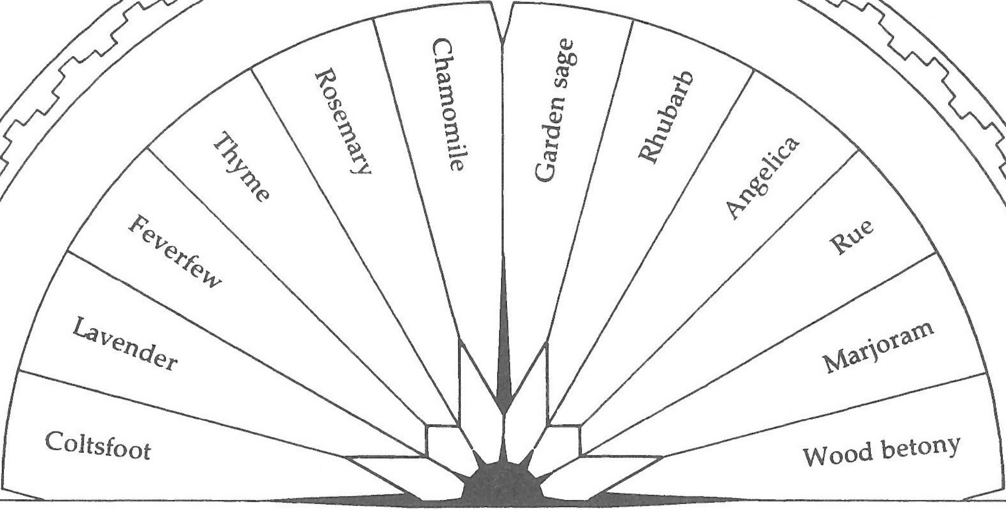

Coltsfoot
Lavender
Feverfew
Thyme
Rosemary
Chamomile
Garden sage
Rhubarb
Angelica
Rue
Marjoram
Wood betony

CHART 25

Herbs for headaches: Which works best for me?

Note: These herbal remedies are used externally as compresses placed on tired and aching eyes. Best way to prepare them: Pour a cup of boiled spring water over one teaspoon of the herb and let steep until it cools. Then strain the liquid through a coffee filter or cheesecloth. Soak pads of cotton in the liquid, and place over the eyes.

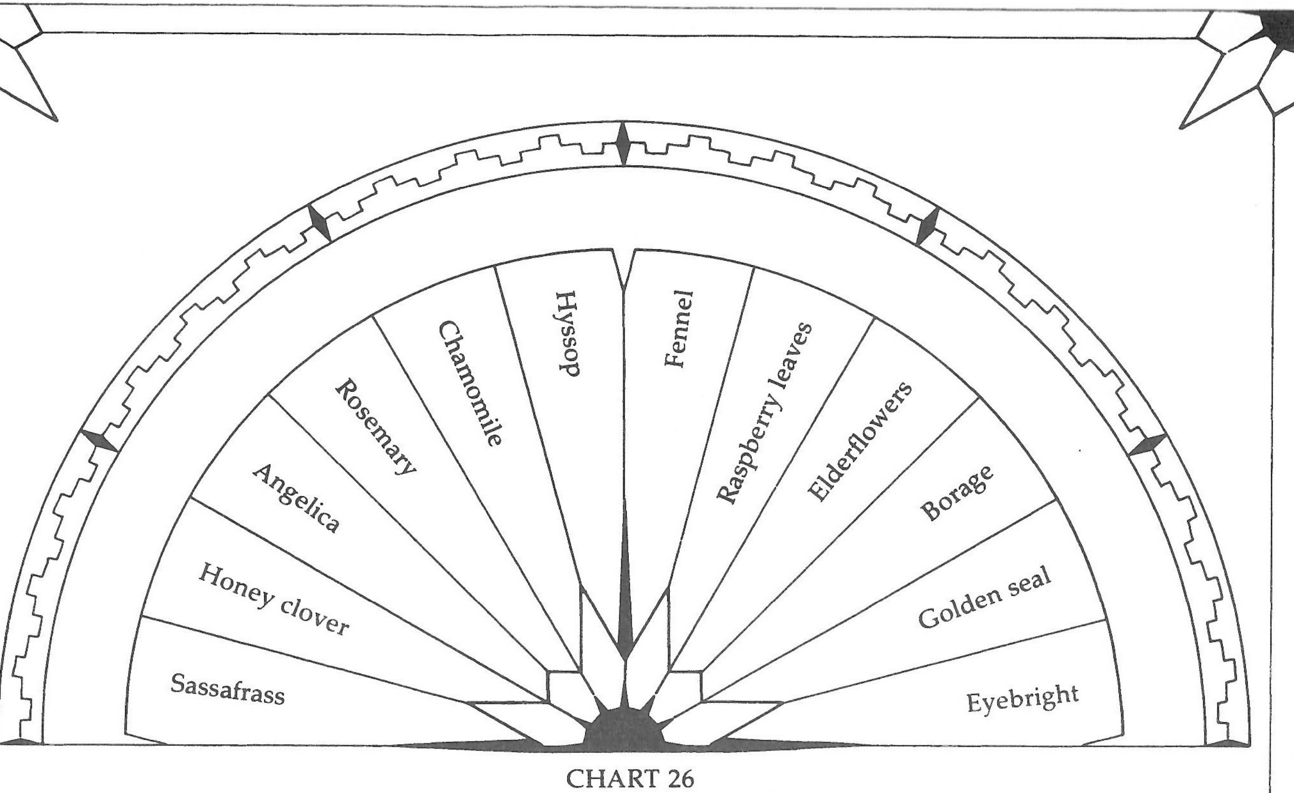

Sassafrass
Honey clover
Angelica
Rosemary
Chamomile
Hyssop
Fennel
Raspberry leaves
Elderflowers
Borage
Golden seal
Eyebright

CHART 26

Eyebaths:
Which works best for me?

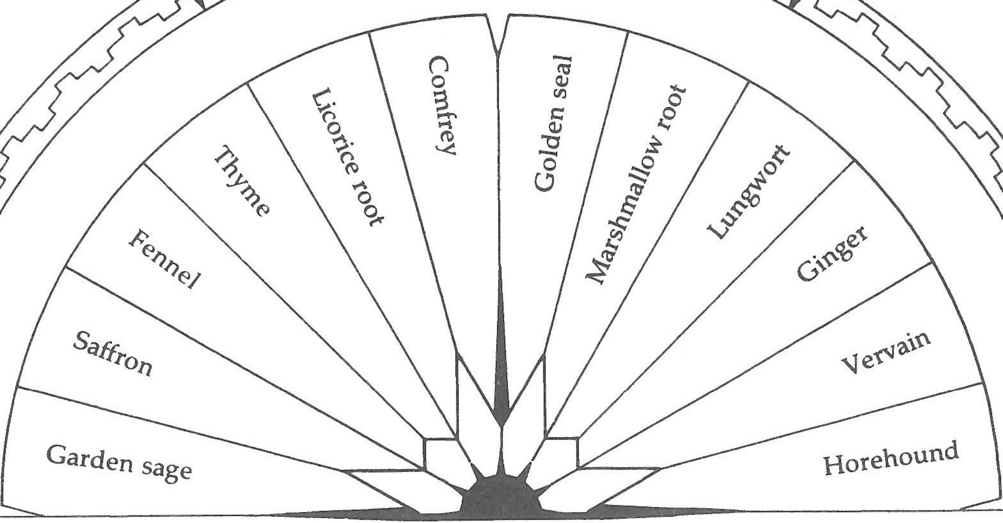

Garden sage
Saffron
Fennel
Thyme
Licorice root
Comfrey
Golden seal
Marshmallow root
Lungwort
Ginger
Vervain
Horehound

CHART 27

Herbs for sore throats and colds (also tonsil and bronchial complaints): Which works best for me?

Note: Remedies that are listed in combination are infusions made with equal parts of the herbs listed.

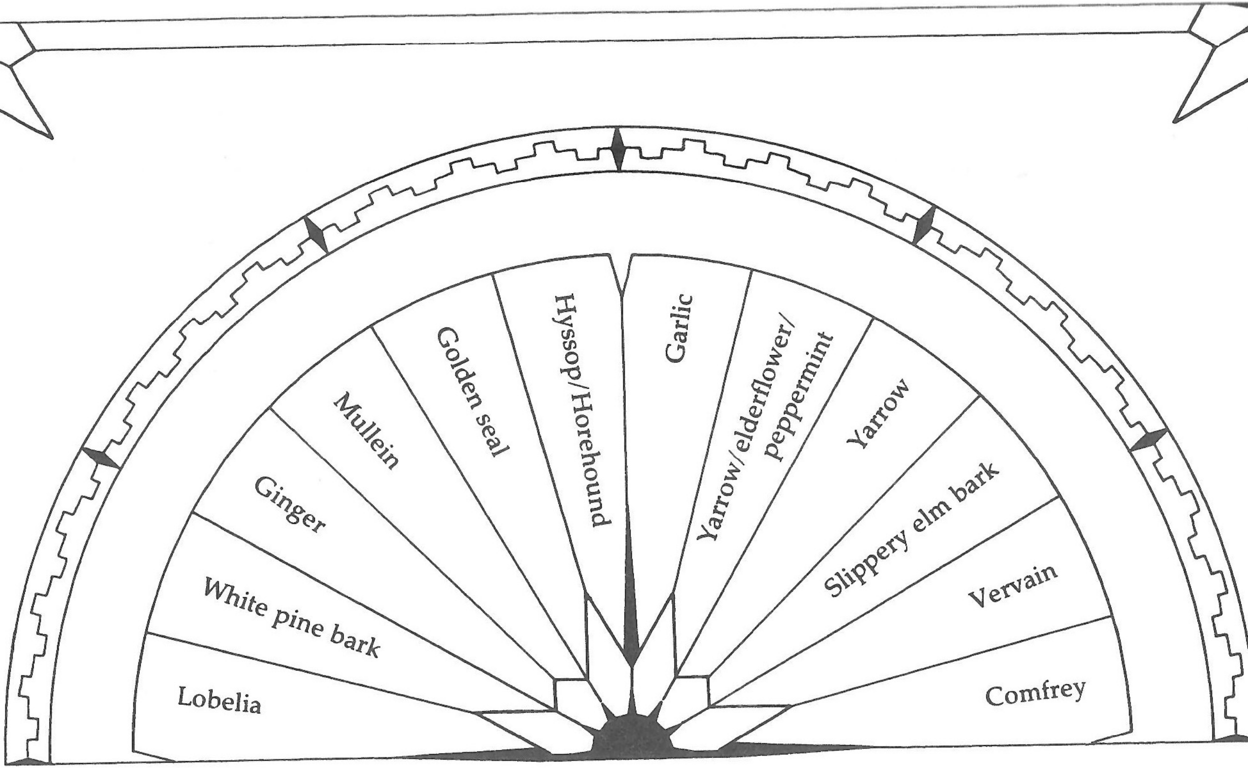

Lobelia
White pine bark
Ginger
Mullein
Golden seal
Hyssop/Horehound
Garlic
Yarrow/elderflower/peppermint
Yarrow
Slippery elm bark
Vervain
Comfrey

CHART 28

Herbs for complaints of the lungs: Which works best for me?

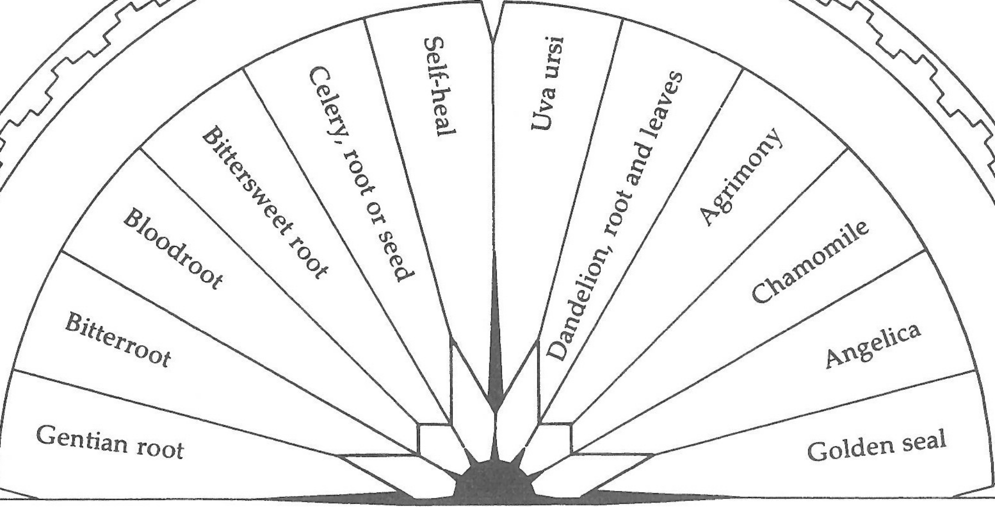

Gentian root
Bitterroot
Bloodroot
Bittersweet root
Celery, root or seed
Self-heal
Uva ursi
Dandelion, root and leaves
Agrimony
Chamomile
Angelica
Golden seal

CHART 29

Complaints of the liver and gall bladder: Which works best for me?

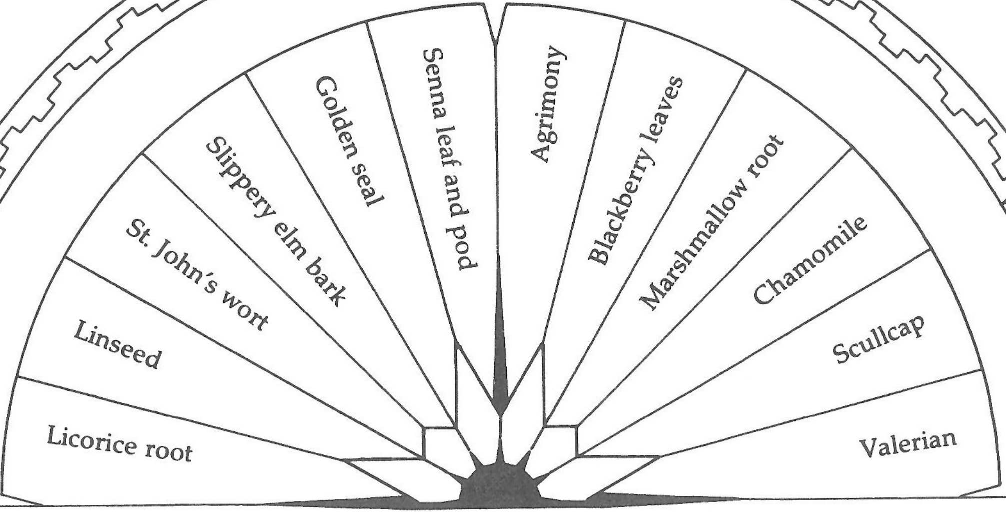

Licorice root
Linseed
St. John's wort
Slippery elm bark
Golden seal
Senna leaf and pod
Agrimony
Blackberry leaves
Marshmallow root
Chamomile
Scullcap
Valerian

CHART 30

Herbs for intestinal complaints: Which one works best for me?

Remedies that are listed in combination are infusions made with equal parts of herbs listed.

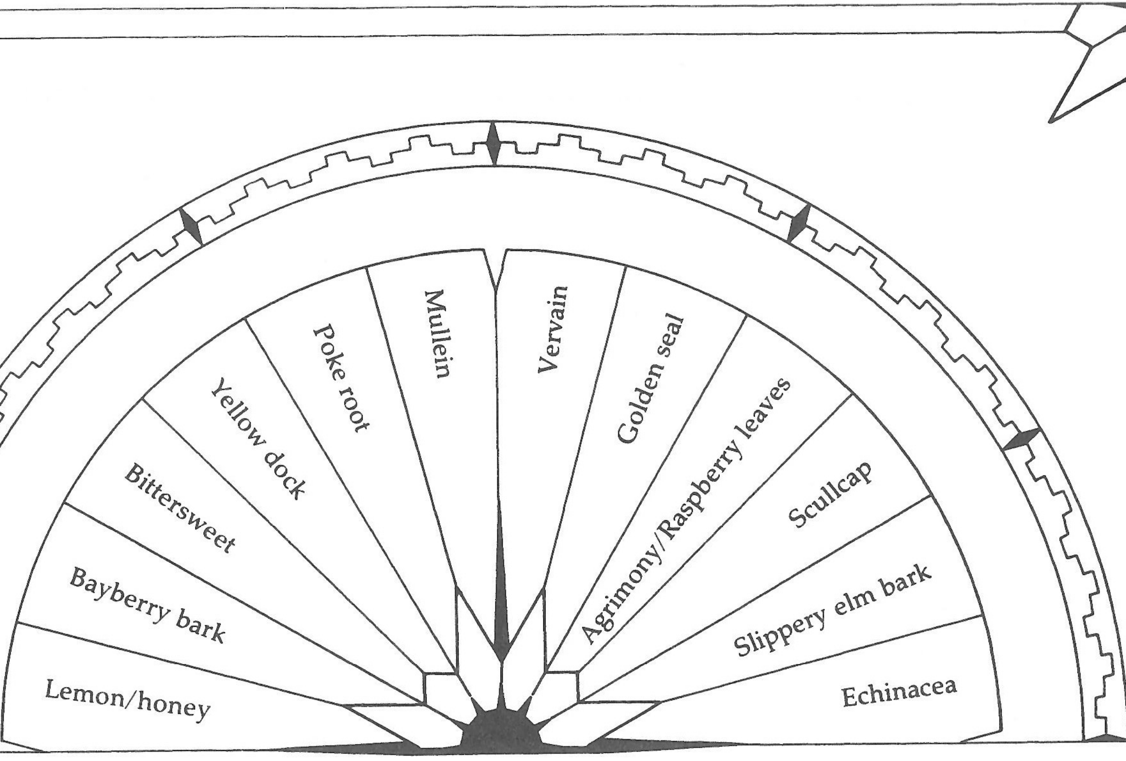

Lemon/honey
Bayberry bark
Bittersweet
Yellow dock
Poke root
Mullein
Vervain
Golden seal
Agrimony/Raspberry leaves
Scullcap
Slippery elm bark
Echinacea

CHART 31

**Herbs for glandular complaints:
Which works best for me?**

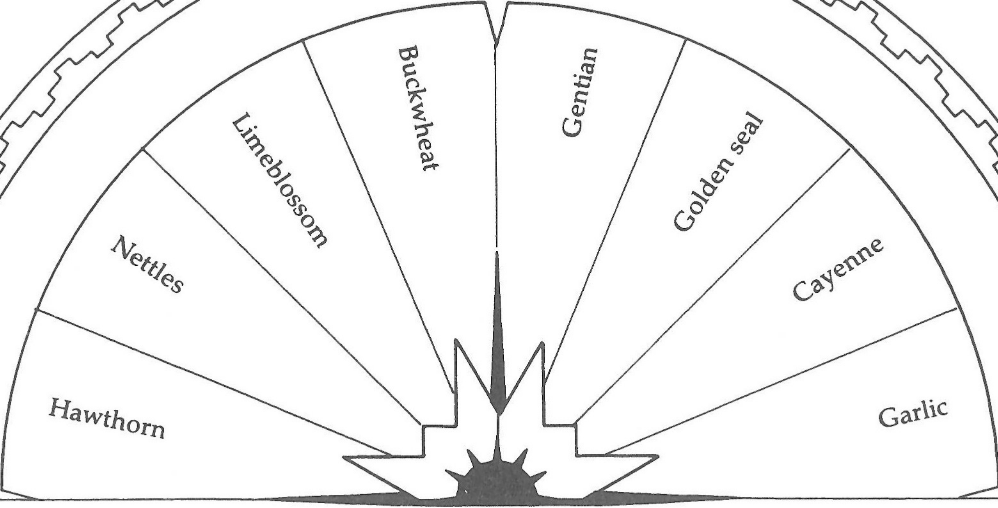

Hawthorn
Nettles
Limeblossom
Buckwheat
Gentian
Golden seal
Cayenne
Garlic

CHART 32

Herbs for circulation (hardening of the arteries): Which works best for me?

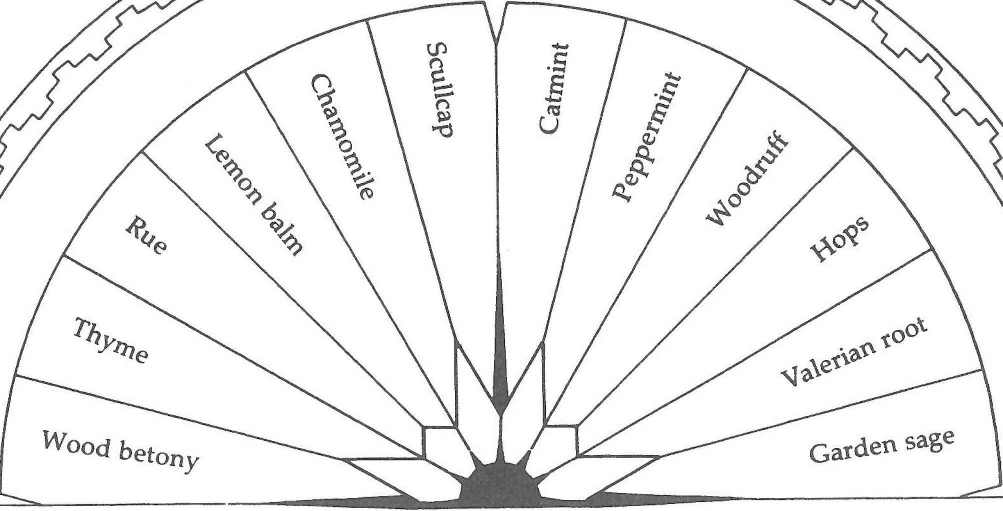

Wood betony
Thyme
Rue
Lemon balm
Chamomile
Scullcap
Catmint
Peppermint
Woodruff
Hops
Valerian root
Garden sage

CHART 33

Herbs for nervous complaints: Which works best for me?

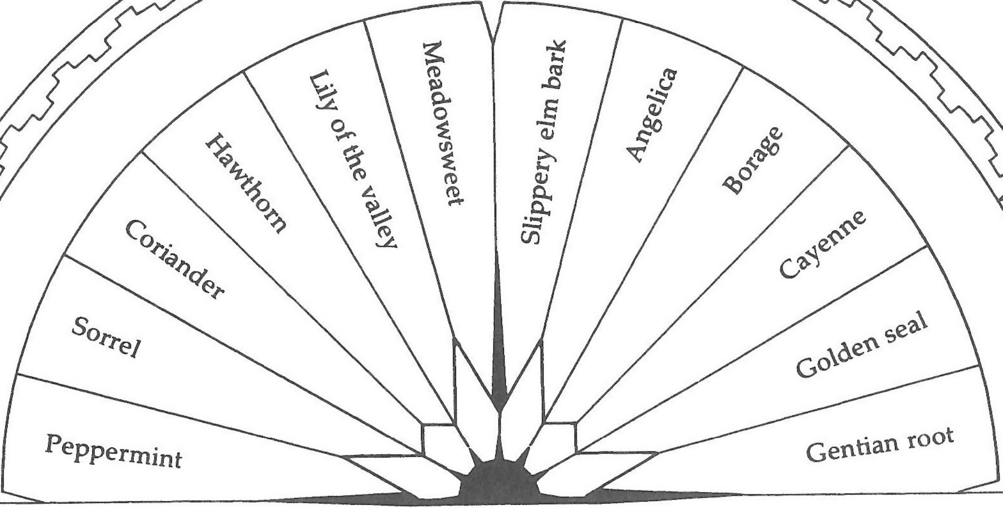

Peppermint
Sorrel
Coriander
Hawthorn
Lily of the valley
Meadowsweet
Slippery elm bark
Angelica
Borage
Cayenne
Golden seal
Gentian root

CHART 34

**Herbs for complaints of the heart:
Which works best for me?**

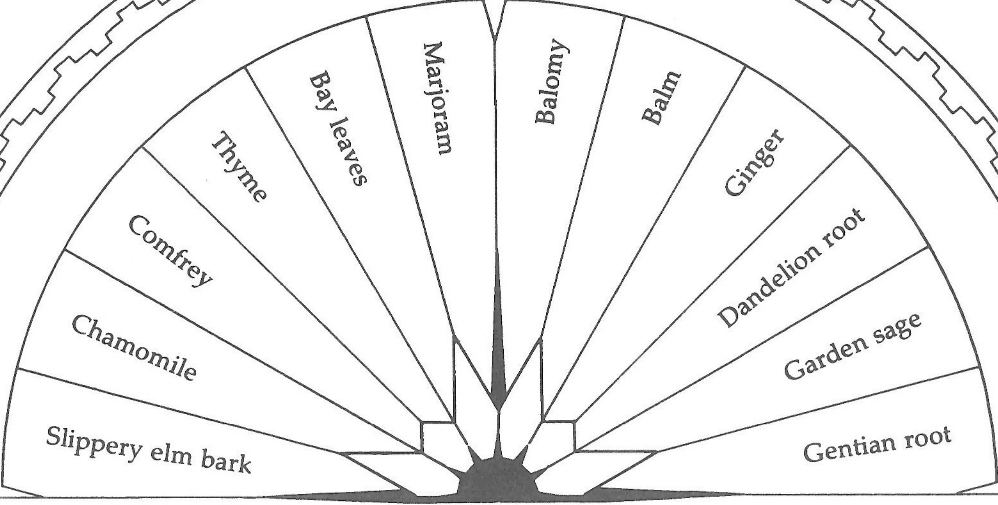

Slippery elm bark
Chamomile
Comfrey
Thyme
Bay leaves
Marjoram
Balomy
Balm
Ginger
Dandelion root
Garden sage
Gentian root

CHART 35

**Herbs for complaints of the stomach:
Which works best for me?**

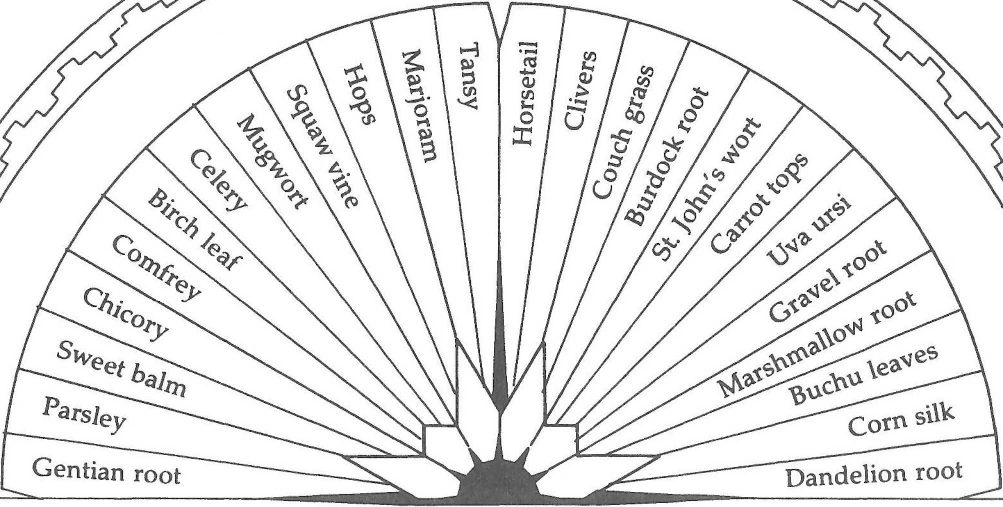

Gentian root
Parsley
Sweet balm
Chicory
Comfrey
Birch leaf
Celery
Mugwort
Squaw vine
Hops
Marjoram
Tansy
Horsetail
Clivers
Couch grass
Burdock root
St. John's wort
Carrot tops
Uva ursi
Gravel root
Marshmallow root
Buchu leaves
Corn silk
Dandelion root

CHART 36

Herbs for complaints of the urinary system and bladder: Which works best for me?

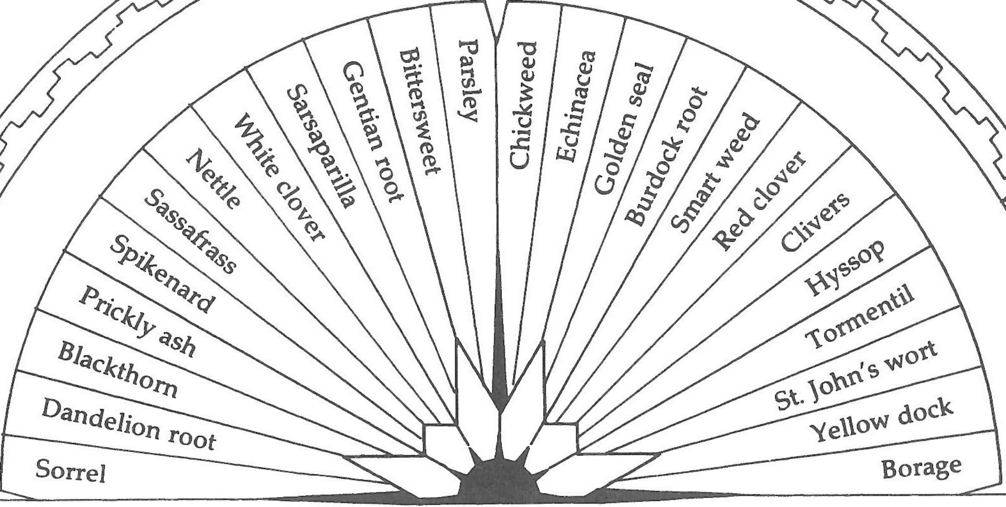

Sorrel
Dandelion root
Blackthorn
Prickly ash
Spikenard
Sassafrass
Nettle
White clover
Sarsaparilla
Gentian root
Bittersweet
Parsley
Chickweed
Echinacea
Golden seal
Burdock root
Smart weed
Red clover
Clivers
Hyssop
Tormentil
St. John's wort
Yellow dock
Borage

CHART 37

Herbs for the purification of the blood:
Which works best for me?

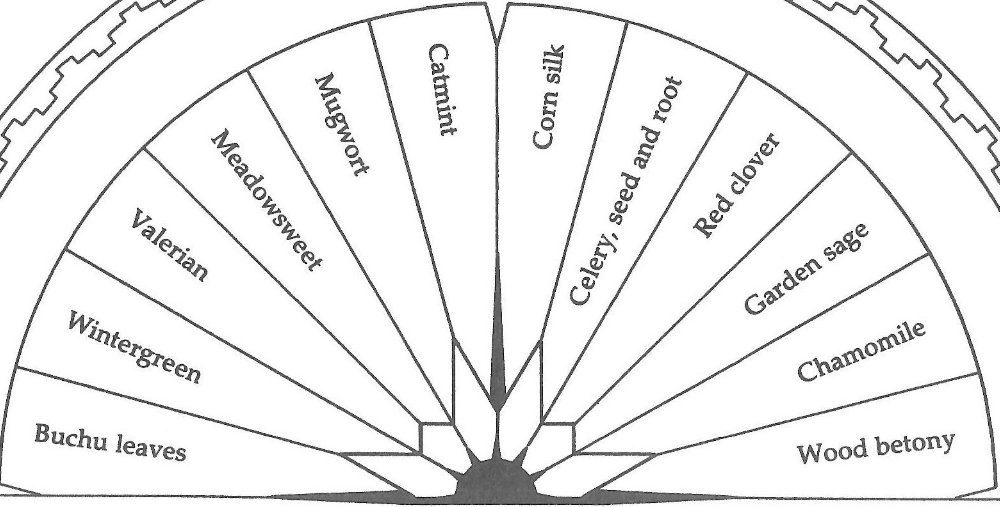

Buchu leaves
Wintergreen
Valerian
Meadowsweet
Mugwort
Catmint
Corn silk
Celery, seed and root
Red clover
Garden sage
Chamomile
Wood betony

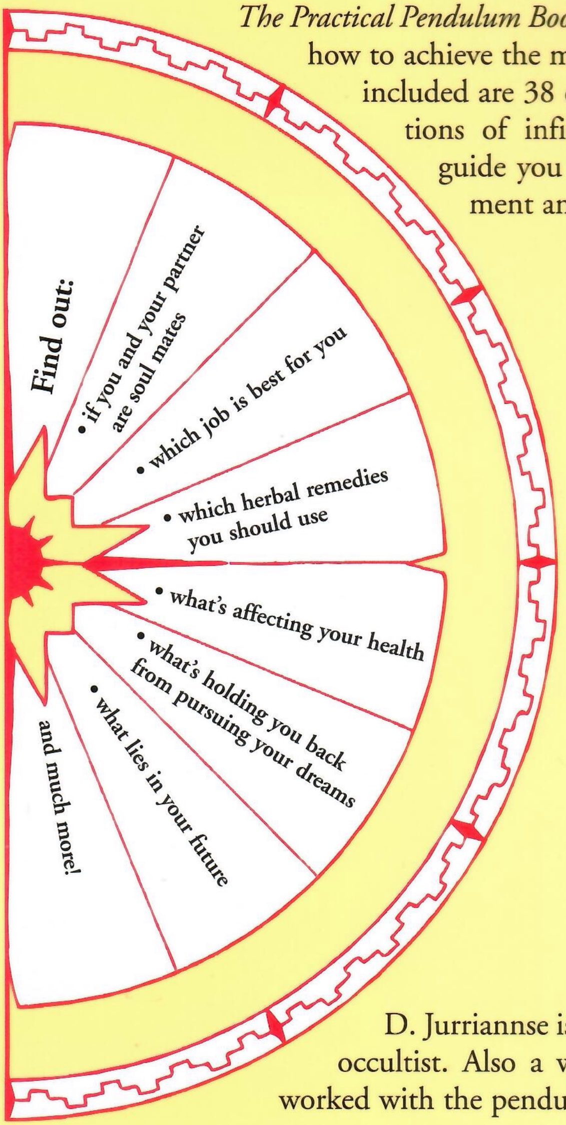
CHART 38

Herbs for rheumatism: Which works best for me?

Divination/Pendulums

Using simple techniques, to answer everyday questions—what should I eat for health and well-being—to the most profound—what should my life's work be? All you need are this book and a pendulum of your own choosing.

The Practical Pendulum Book provides instructions on how to achieve the most reliable readings. Also included are 38 charts, detailing combinations of infinite answers, which will guide you to a life of greater fulfillment and purpose.


Find out:
• if you and your partner are soul mates
• which job is best for you
• which herbal remedies you should use
• what's affecting your health
• what's holding you back from pursuing your dreams
• what lies in your future
and much more!

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